



Reader feedback

"We should be using more natural sources of energy instead of something so destructive," said Sgt. Evaristo Vasquez. See page 2 for more feedback.



Hertling takes charge

New USAREUR commander pays a visit to Baumholder. See page 7.



Golf scramble

Golfers raise money for graduating seniors. See page 19.

Herald Union



Vol. XIII, No. 13, Serving the communities of U.S. Army Garrisons Baumholder and Wiesbaden, April 14, 2011

Garrison named best of the best

By Karl Weisel
U.S. Army Garrison
Wiesbaden Public Affairs
Office

U.S. Army Garrison Wiesbaden was named the 2011 Army Chief of Staff Army Communities of Excellence Gold Winner — a distinction that puts it at the top of a select list of outstanding garrisons across the Army.

The Army Chief of Staff's message announcing this year's ACOE winners noted, "The Army's Gold winner, USAG Wiesbaden, Germany, exceeded all expectations, reflected by the many high-level awards (the garrison received). As the future headquarters for U.S. Army Europe, USAG Wiesbaden is recognized as the Army's top 2011 ACOE winner."

USAREUR's senior leader, Lt. Gen. Mark P. Hertling, a former member of the Wiesbaden military community, met the announcement with high praise. "Sue and I have lived in Wiesbaden, and we can attest it is an incredibly strong community with awesome facilities, helpful people and a phenomenal relationship with their German hosts," said Hertling. "They competed, and deservedly they won. We are extremely proud of

Wiesbaden, and we are exceedingly happy that they are the 2011 CSA Gold Army Community of Excellence winner."

ACOE award winners will be recognized April 19 in San Antonio, Texas, during the Installation Management Command and Association of the U.S. Army Installation Symposium. Col. Jeffrey Dill, USAG Wiesbaden commander, will receive the prestigious award on behalf of the garrison. He equated the gold medal

performance with a Super Bowl win and underscored the important role the strategic planning process played in keeping the garrison on course to winning this prestigious competition.

"What really set us apart as a high performing garrison this year was the participation of mission partners, family members, our host nation partner communities and constituent groups in the development and execution of the installation's strategic plan," Dill said. "The results reflect our commitment to ensuring the very best quality of life and support to our Soldiers, families and civilians." (Troy Darr of the IMCOM-Europe's Public Affairs Office contributed to this story.)



Photo by Jennifer Clampet

Raising money to help the people of Japan

Hainerberg Elementary School Principal Penelope Miller-Smith congratulates Hainerberg second-graders for their efforts in raising \$1,182.50 through an April 1 bake sale to benefit the American Red Cross relief efforts for victims of the earthquake and tsunami in Japan.



Photo by Karl Weisel

Wiesbaden's American Red Cross station manager, Jana Fullmer, was on hand to accept the check. "It's amazing," said Fullmer. "It's so wonderful that kids would be that generous." The American Red Cross has already given \$10 million to the Japanese Red Cross. Photo left: Aukamm Elementary School students place quarters in a line throughout the school — money raised to help the people of Japan through the American Red Cross Japan relief fund. See page 20 for the story.

Celebrating military youths year-round

By Lt. Gen.
Rick Lynch
Commander of
the Installation
Management
Command



The Army first observed the Month of the Military Child in

1986 to honor the youngest members of the Army community. As we celebrate it again this month, 25 years later and in the 10th year of ongoing conflict, recognition of the sacrifices and strength of our military children is more vital

than ever.

The life of military children has always had its challenges, foremost among them being frequent relocations. Every time families move,

See Military youths on page 6

Feedback: *In light of current events, what is your view of atomic energy?*



**Chief Warrant Officer 4
Joe Ryan**
Company D, 52nd Aviation

"I think generally we should move away from nuclear; however, I do feel that it can be used safely."



Dr. John Provan
Historian

"We should have gotten rid of them (nuclear power plants) 20 years ago. What will it take for us to learn our lesson?"



Spc. Gregory Thayer
Headquarters and
Headquarters Company,
40th Engineer Battalion

"It is generally a safe and clean way to provide a lot of power to people."



Marilyn Jackson
Wiesbaden community
spouse

"I think there should be more control. Japan is not the only country using nuclear energy and another disaster should be avoided. I would not go as far as to stop all use."



Sgt. Ben Stearns
Headquarters and
Headquarters Company,
170th Infantry Brigade
Combat Team

"I wish that it was never created because of the devastating damage it causes when incorrectly used."

Senior year: best, worst of times

Commentary by
Macaila Geremia
U.S. Army Garrison Wiesbaden
Public Affairs Office

In "A Tale of Two Cities" Charles Dickens observed, "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness..."

He could have been describing senior year in high school.

The best part about senior year for this writer has been spending time with friends.

For senior football players Eric Howard, Steven Adams

and Tevin Teal the most memorable moment this year was the football championship.

For fellow senior Natalie MacAllister "having lunch with her friends" was the best of times this school year.

"Getting into college" was the answer many gave to the question:

What was the most stressful part of this year?

While most people do not necessarily experience what could be called "worst" times in their senior year, the stress of applying to college, answering a million-and-one questions and

everything else related to the experience definitely ranked low for many seniors.

While the day-to-day experiences are different, the overall stresses, successes and joys are virtually the same.

In a matter of weeks members of Baumholder and Wiesbaden High Schools' senior classes will walk across the stage to celebrate the first steps toward our own "age of wisdom." (*Macaila Geremia is a Wiesbaden High School career practicum student with the U.S. Army Garrison Wiesbaden Public Affairs Office*)

Letter to the editor

RoboWarriors adviser reports competition's outcome

So, as the broken and battle scarred Frau POW! makes her long flight back from the Las Vegas regional First Robotics Competition there's only one thing left unsaid, "The RoboWarriors fought valiantly and did their best."

Despite key components that shattered during shipment and a plague of programming problems, we fielded our robot in every match of the competition.

Fully clad in alpine hat and *lederhosen* battledress, our technicians feverishly corrected malfunctions and repaired damages from each of the nine matches.

At every turn the RoboWarriors overcame each problem or adapted to support their alliance as best they could.

Alas with her manipulator lying limp and useless, we were forced to amputate Frau POW!'s arm. With it went our chance to score; a sacrifice we gladly yielded to service our beloved blue and red alliances.

Momentary respites between battles were no opportunity for rest but were a necessity to rebuild, repair and reprogram — an unpleasant experience that brought sweat upon the brow of the pit crew and programmers.

Our mini-bot — we had such hopes for your rapid climb. Alas a concept mismatched to the design of Frau POW!'s deployment arm. Even with months of preparation and thousands of man/woman hours of labor, it was a difficult competition for the jet-lagged RoboWarriors, but we're all the better because of the experience.

We shall rebuild Frau POW! We have the technology. We have the capability to make her better than she was before; better, stronger, faster.

Our record improved. The RoboWarriors stand not ashamed for their losses but enthralled by their victories and motivated to perform better next year — 34th place 2011, 40th place 2010 and 47th place 2009.

All who witnessed agree that these students performed

well in the most intense learning environment ever conceived, and they have certainly earned respect.

Sheena Cousens won FRC Las Vegas "Star of the Day" for her outstanding work as safety captain, and our team once again placed as finalists in the Underwriters Laboratory Industrial Safety Award.

Our 12 volunteers officiated the scoring, organized the robot queue and reset the field after each match for the entire three-day event.

When the arena doors were locked, the RoboWarriors also went on a four-mile zip line trek through Bootleg Canyon, saw "Sucker Punch" in an IMAX theater, had a behind-the-scenes tour of the engineering that makes the Cirque du Soleil "KA" show possible, celebrated birthdays at the Hard Rock Cafe, went indoor cart racing at Pole Position and saw the Blue Man Group (in the poncho zone).

Did I mention we were in Vegas? Yeah baby!

Frank Penzich
Wiesbaden High School
RoboWarriors sponsor

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Adm. James Stavridis (right) U.S. EUCOM commander, passes the USA-REUR colors to Lt. Gen. Mark Hertling during a ceremony at Heidelberg's Campbell Barracks March 25.

Photo by Richard Bumgardner

New USAREUR leader

Former 1st AD commander takes charge in Heidelberg

By Bruce Anderson
U.S. Army Europe Public Affairs

Lt. Gen. Mark P. Hertling assumed command of U.S. Army Europe during a ceremony at Heidelberg's Campbell Barracks March 25.

He is the 36th commander in USAREUR's nearly 70-year history, and the first three-star general appointed by the U.S. government since 1952 to lead U.S. Army forces in Europe. Lt. Gen. Manton S. Eddy served as the commander from August 1952 until April 1953, when, according to the Army's Command and General Staff College website, he presided over the command's transformation from an Army of occupation to one of deterrence.

During the ceremony, Adm. James Stavridis, commander of U.S. European Command, passed the USAREUR colors to Hertling.

After noting during his remarks that Hertling is a fan of the St. Louis Cardinals baseball team, Stavridis used a quote by the Cardinals' manager, Tony La Russa, to describe Hertling's qualifications. "He's got special talent and he's got special attitude. Guys who have that play in the big leagues."

Hertling and his wife, Sue, return to Europe from Fort Monroe, Va., where he was the deputy commanding general for Initial Military Training at U.S. Army Training and Doctrine Command.

His history in USAREUR is long. After graduating from

the U.S. Military Academy, Hertling served as a second lieutenant with 64th Armor Regiment, 3rd Infantry Division, in Schweinfurt in 1975. He has also served in Katterbach, Hanau, Grafenwöhr and Wiesbaden.

During his remarks, Hertling described how he and his wife feel about being back in Heidelberg.

"My name is Hertling," he said, "and I am a Soldier. It is a tremendous honor to serve in Europe, a place I consider my professional home, a place where Sue and I have so many fond personal memories."

Through his assignment as commander of the Joint Multinational Training Command, from September 2004 to August 2005, followed by an assignment as the USAREUR chief of operations and training, Hertling has been involved in USAREUR's role in building allied and partner nations' capacity to operate together in coalitions with the U.S.

Hertling said America's traditional allies have evolved and become stronger. He also finds the development of new relationships and alliances, some of which "used to be on the other side of a wall or a fence," inspiring.

"We will continue to find ways to strengthen partnerships with old and new allies," Hertling said, "especially as we recognize the ever evolving security environment faced by the United States, Europe and the world."

Hertling served as the commander of 1st Armored Division from May 2007 to May 2009, including his third deployment with the division to Iraq.

Since 2003, USAREUR has reduced its size by one third, from 62,000 Soldiers to about 42,000 today. In addition, USAREUR has planned, and Installation Management Command-Europe has executed, the closure of nearly half of the 239 sites the Army in Europe had in 2003.

As some of the final actions from that 2003 plan begin to unfold, including the consolidation of the headquarters in Wiesbaden, USAREUR is better postured to respond to the wide range of challenges emerging in the 21st century.

Hertling said he monitored the planning of USAREUR's transformation and participated in the early stages of executing the plan. He sees moving forward with that plan as one of his missions.

"We will continue with the transformation of our Army in Europe, while providing trained Soldiers and units for combatant commanders as they face an increasingly demanding operational environment," Hertling said.

After listing the challenges, including transformation, USAREUR will face in the coming months, Hertling signaled his readiness to take them on.

"Given all this, there is no place on earth Sue and I would rather be," he said.

News flash

ID card changes

The Department of Defense will be removing Social Security Numbers from ID cards starting in June 2011. In place of the former SSNs, new cards will feature a DoD ID number which will be used as the Geneva Conventions serial number. If you are eligible for DoD benefits, there will also be a DoD Benefits Number printed on the new ID card. For more information visit www.dmdc.osd.mil/smartcard. (Courtesy of Larry Ford, Darmstadt Retiree Council)

Soldiers killed in Afghanistan

Two Baumholder-based Soldiers died April 4 from wounds suffered from small arms fire in Faryab Province, Afghanistan. Sgt. Scott H. Burgess, age 32, of Franklin, Texas, and Sgt. Michael S. Lammerts, 26, of Tonawanda, N.Y., were serving with the 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team. A memorial service was scheduled to be held April 13 in Baumholder. (DoD News)

Wiesbaden CYSS recognized

Wiesbaden's Child, Youth and School Services team received the Boys and Girls Club of America's All-Services European BGCA Program Excellence Award for Overall Programming. The team was honored during the BGCA European Youth Development Conference in Ramstein on April 1. (Courtesy of USAG Wiesbaden's Directorate of Family, Morale, Welfare and Recreation)

Top journalists, broadcasters

Several local public affairs practitioners were among winners in the Army-wide Keith L. Ware Competition. Local public affairs specialists, print and broadcast journalists recognized included **1st Armored Division Public Affairs**, first place in the Outstanding Initiatives in New Media category; U.S. Army Garrison Wiesbaden's **John Wutzer**, second place in the Stringer Photojournalism category; USAG Baumholder's **Pfc. Nathan Goodall**, third place in the Stringer Photojournalism category; **USAG Wiesbaden Public Affairs**, third place in the Community Relations Program category; and 1st AD's **Spc. Naomi Martini**, honorable mention in the Deployed Television News Report category. The annual contest is named for Maj. Gen. Keith L. Ware, a World War II Medal of Honor recipient and former Army chief of information who was killed in action in Vietnam. (USAREUR Public Affairs)

Tax deadline time

This year's federal tax filing deadline is April 18, and military personnel overseas who do not owe money have until June 15 to file. Stop by your local military community Tax Center for assistance or visit www.eur.army.mil/taxes for more information.

AAFES policy changes

The Army and Air Force Exchange Service, along with other Department of Defense agencies, will remunerate Sunday premium pay to qualifying associates in accordance with an Office of Personnel Management Compensation policy memorandum. The memo applies to current and former Exchange Crafts and Trades associates employed anytime between May 26, 2003, and May 26, 2009. To qualify, associates must have been employed in a part-time or intermittent position with regularly scheduled hours on Sundays and they did not receive premium pay. Associates who believe they meet these criteria can click on "Claims: Post Allowance/Sunday Premium" at www.shopmyexchange.com for more information on filing a claim. (AAFES-Europe Public Affairs)

News flash

Alcohol Awareness Month

During Alcohol Awareness Month, members of the Department of Defense are encouraging service members and their families to “rethink their drinking.” Military Pathways, a DoD-funded program, is offering anonymous alcohol use self-assessments online at www.drinkingIQ.org with the goal of raising awareness about alcohol abuse and problem drinking. It is also aimed at helping those in need find help. Use the link above or visit www.militarypathways.org for more information.

Support your own

This year’s Army Emergency Relief fundraising campaign runs through May 15. Soldiers are once again invited to “help their own” by giving generously to the fund which benefits service members and families in financial need through grants, loans and scholarships. For more information contact your unit AER officer or call Leary Henry at mil 335-5402.

Career transition training

The Department of Defense now offers an online Career Decision Toolkit to help service members assess transition needs and explore transition-related subjects such as career exploration, financial planning for transition, job search success, effective resumes and cover letters, interviewing excellence and negotiating salaries. For more information visit www.turbotap.org. (DoD News)

AAFES diorama contest

The Army and Air Force Exchange Service invites authorized patrons to compete in its Patriot Family diorama contest. Participants are required to use a shoebox, candy and Peeps for the characters to re-create a patriotic play, scene or event that inspires emotion. The first-place winner will get a \$500 gift card and the runner up a \$250 gift card. Entrants should take at least two photos from different angles of the entry and submit them to patriotfamily@aafes.com. Be sure to include name, phone number, address, closest exchange, rank or job, title of the diorama and any additional information. Entries will be accepted through April 25. (AAFES-Europe Public Affairs)

Story correction

A story in the March 17 of the *Herald Union* reported that Grayson Walls, a winner in the Boys and Girls Clubs of America’s Digital Arts Festival, is the son of a civilian contractor. Walls’ father is actually a Department of the Army civilian with the U.S. Army Corps of Engineers who is currently serving as an Army reserve master sergeant in Afghanistan. The overseas-level winner was also selected as a winner in the national level competition.

Expert Field Medical Badge

The U.S. Army Europe, 421st Multifunctional Medical Battalion and 30th Medical Command invite units to take part in Expert Field Medical Badge qualification and testing in Grafenwöhr July 31 to Aug. 13. Those interested should contact their unit training noncommissioned officers or visit www.30thmed.army.mil/EFMB.htm for more information.

AWAG Conference

AWAG leaders are urging volunteers to get registered early for this year’s AWAG Conference to be held May 15-19 at the Edelweiss Lodge and Resort in Garmisch-Partenkirchen. The event is one of the U.S. Army in Europe’s largest professional development seminars for military community volunteers. The event will feature a host of workshops and exhibitions. Visit www.awagonline.org for more information on the 55th annual conference.



Photos by Karl Weisel

Hero's Day

Senta Diegmann paints Abigail Prisk's face during Hero's Day at the Wiesbaden Entertainment Center April 7. The Rhein-Main Area USOs, USAG Wiesbaden Family, Morale, Welfare and Recreation and German marketing agencies teamed up to celebrate Soldiers and families with an afternoon of games, free food, music, bowling and information about things to do in the Wiesbaden area. Photo right: Jacqueline Colindres helps a youngster make a colorful poster.



405th AFSB assumes DOL mission

By Jennifer L. King
405th Army Field Support
Brigade Public Affairs Office

The 405th Army Field Support Brigade, partnered with the 21st Theater Sustainment Command, accepted command and control of Directorate of Logistics missions in the European theater from the Installation Management Command-Europe April 1.

“This transfer of DOL functions in theater greatly increases our mission and capabilities,” said Col. Ronald Green, the commander of the 405th AFSB. “With the new mission, we now oversee a number of DOL operations, including food service, household goods operations and a myriad of other functions.”

The transfer of the DOL mission is in support of the DOL en-

terprise transformation, which is designed to align logistical support with core competencies, thereby increasing quality and efficiency and standardizing performance, officials said.

“As the headquarters for the U.S. Army Materiel Command in Europe, we focus on logistical services,” Green said. “This will allow installation commanders to focus on their core competencies of managing installations and allow us to provide the expertise for which we are known.”

Green said there are multiple benefits to the transfer, including standardizing processes, improving contract management and enhancing the quality and the visibility of DOL services.

“As the single logistics integrator in theater, we have

the flexibility to support surge requirements, manage the workload across all maintenance and supply activities, create efficiencies by centralizing logistics oversight and disseminate quality standards and best practices throughout the Materiel Enterprise,” he said.

The transfer of the DOL missions to the 405th AFSB is intended to be seamless to ensure customers throughout the theater are not impacted.

“I anticipate the transfer of functions to go smoothly as we are well prepared for this mission,” Green said. “I am confident that we will continue to provide the same high level of service to the war fighters and their families that IMCOM-Europe has always provided.”

CPAC workshops aid transitioning spouses

Story and photo by

Jennifer Clampet

*U.S. Army Garrison Wiesbaden
Public Affairs Office*

Human resources specialists with the Wiesbaden Civilian Personnel Advisory Center want to help military and civilian spouses continue their federal careers stateside.

"Each case is a bit different," said Paigeant Hill, an HR specialist at Wiesbaden CPAC. "We're just giving an overview of what (they're) eligible for."

Starting in March, the local CPAC began offering a workshop to help answer questions concerning spouse and family member employment as Army personnel begin transitioning back to the States.

The presentations touch on everything from Terminal Leave Without Pay to Priority Placement to eligibility under Executive Orders 12721 and 13473.

"It really is a lot of information in one sitting," said Hill. But the workshops are designed to get spouses and family members thinking about their options for continuing federal employment after a permanent change of station move.

EO 12721 and 13473 are appointing authorities used by family members and military spouses to obtain employment with the federal government.

EO 12721 enables certain eligible

family members to be appointed non-competitively to civil service once they return to the United States. To be eligible, the family member must have completed 52 weeks of service in an appropriated fund position performed under a local hire appointment overseas.

EO 13473 facilitates the entry of military spouses into the federal civil service and is meant to minimize the disruption when military families move due to permanent relocations. Under the order, military spousal preference enables the noncompetitive permanent, term or temporary appointments of certain military spouses to the competitive service.

While spouses can use employment readiness services at their new duty stations for help navigating the orders and programs designed to aid them in entering civil service, Hill said being prepared now before the move is key.

"Make sure you have all of your paperwork," said Hill to the 11 military and civilian spouses who attended the March 31 family member outprocessing employment workshop.

Hill stressed the importance of having a copy of a resume, spouse's orders, marriage certificate, a copy of the last performance appraisal and, for previously employed family members, an approved copy of TLWOP paperwork.



Human resources specialist Paigeant Hill, with the Wiesbaden Civilian Personnel Advisory Center, welcomes a group of military and civilian spouses to the center's March 31 Family Member Outprocessing Employment Workshop.

Hill also advised spouses to make their faces known at the local CPACs in their new duty stations.

Family Member Out-processing Employment Workshops will be held the last Thursday of each month—April 28, May 26, June 30 and July 28—from

noon to 1 p.m. at the Wiesbaden Dining Facility on Wiesbaden Army Airfield. The Wiesbaden Community Spouses Club has partnered with CPAC to cover the cost of the first 50 lunches for family members attending the workshops through June.

Referral process changes for host nation health care

The process for receiving authorizations for health care referrals to a host nation provider is changing at Army medical facilities as the Tricare Overseas Program contractor assumes full responsibility of authorization and claims processes for Tricare Prime beneficiaries.

Beginning March 21 and continuing for five weeks, 19

Army medical facilities within the Europe Regional Medical Command will conduct a final transition to International SOS—the TOP contractor since September and contracted to manage host nation health care networks—that will change how authorizations for care are issued.

Beneficiaries will no longer hand-carry referral authorizations to their host nation provider. International SOS will fax or email referral authorizations and claims forms directly to the designated host nation provider before the patient's appointment.

Beneficiaries still have three choices for making appointments:

► Army health facility Tricare service centers may book appointments for beneficiaries.

► Beneficiaries may book their own appointment.

ment.

► Beneficiaries may call the TOP regional call center to request assistance in booking their appointment.

Beneficiaries who have questions about the referral process should contact their local health facility Tricare Service Center.

"The changeover should not cause delays in receiving care within Tricare Access to Care standards," said Michelle Jones, ERMIC Tricare contract liaison officer.

Tricare Access to Care standards require that appointments for Tricare Prime beneficiaries be made according to these guidelines:

Acute care, 24 hours; Routine care, seven days; Wellness, 28 days; Specialty, 28 days; Emergent care requires no authorization; Non-TRICARE Prime beneficiaries may be seen on a space-available basis.

Enrollment Cards Re-

quired

At host nation provider appointments, Tricare Overseas Prime beneficiaries should present their Tricare Prime Overseas Program Enrollment Card for validation purposes. Enrollment card examples are at www.tricare-overseas.com/Provider01_b02.htm. Each family member enrolled in Tricare Overseas Prime should have a card. Beneficiaries who did not receive a card or need a replacement card should contact the regional call center and press option 4. Toll-free contact numbers are: Germany, 0800-589-1599; Italy, 800-915-994; Belgium, 0800-811-18.

Jones said Army health facility Tricare Service Centers will continue to provide host nation patient liaison services, health care finders, beneficiary counseling and assistance, and debt collection assistance.

She encourages all beneficiaries to visit www.tricare.mil

for plan and benefit information. Beneficiaries can access country-specific toll-free contact numbers and a useful "Find-A-Provider" search tool at the Tricare Overseas Program Website at www.tricare-overseas.com. Forms and links to other Tricare Overseas programs are also available at that site.

"The Tricare Overseas Program website offers information for all Tricare beneficiaries, such as contact numbers for claims and customer service," said Jones. "The new Tricare Overseas Beneficiary Handbook and other literature may also be downloaded."

In addition to International SOS customer service, Jones said the Europe Regional Medical Command's treatment facilities are committed to ensuring that beneficiaries have access to the health care they need. *(Information submitted by European Medical Command Public Affairs Office)*



Sample Tricare enrollment card front and back



Photo by Anemone Rueger



Photo by Karl Weisel

Time to get out and explore

A cyclist heads out on one of the many trails around the Wiesbaden area — this one passing under the Autobahn near Mainz-Mombach parallel to the Rhein River. Photo left: Pedestrians enjoy the warmer spring weather at an outdoor cafe near the Gutenberg Museum in Mainz.

Military youths

Continued from page 1
children have to make new friends, get used to new schools, and find new clubs and teams to join. Many military children take these changes in stride and some even thrive on them, but it is hard — children have to rebuild their world every time and find their place in it.

Now, in this time of persistent conflict, the challenges are compounded — they are more serious and affect more families. About 1.8 million children have a parent currently serving in the military. Since 2001 an estimated 900,000 children have had one or both parents deploy multiple times.

Our children are dealing with long and repeated separations from their parents. They are dealing with the happy but disruptive time when their parents come home and the family has to regain normalcy. Sometimes they have to deal with the worst thing children can imagine, the death of a parent. In the face of all this, for all of their contributions and sacrifices, our

children need and deserve our best efforts.

From the highest levels of leadership on down, the Army has committed to providing families with a quality of life commensurate with their service and sacrifice.

Army Child, Youth and School Services is central to delivering on these promises. CYSS currently serves almost 300,000 children ages 6 weeks to 18 years in on- and off-post programs around the world. Through its Child Development Centers, School-Age Care and Middle School and Teen Centers, CYSS provides healthy and enriching environments that help children grow.

To meet the greater need for services, CYSS has made tremendous efforts to increase access and offerings, both on and off post. On installations in the States and overseas, CYSS has constructed 150 new child care and 24 new youth centers since 2007.

CYSS extends 16 hours of free care per month to the

families of deployed Soldiers, wounded warriors and fallen Soldiers, a total of more than 1.08 million hours in fiscal year 2010.

Parents know that when they are deployed, when they are working, when they are at medical appointments, their children are in a safe place. They can focus on what they need to do knowing that their children are well cared for.

Military children attend an average of nine different schools before they graduate high school. It can be tough for students to settle in when school personnel do not understand the issues — the stress of being the new kid yet again, the fear of separation and the disappointment that mom or dad is missing another game or recital.

School liaison officers are located at every garrison to help families with these and other school-related issues. They play an important role in helping students make a smooth transition and succeed at their new schools, by working with

families and school districts to meet needs and requirements on both sides.

In a new two-year pilot program school liaison officers at seven garrisons — Joint Base Lewis-McChord and Forts Benning, Bliss, Polk, Stewart, Hood and Wainwright — will be joined by Military Student Transition Consultants. The consultants will be located in school district offices and work closely with the school liaison officers to build understanding between school districts, garrisons and families about the needs of military students and to support efforts, such as mentoring programs, which help students plug into their new schools. The consultants will be in place this May to support families through the summer permanent change of station season.

In addition to daily child care and after-school care which meet the highest national standards, CYSS provides special events and camps, both on post and far from any post. There's

Tutor.com, where students can get online tutoring anytime and anywhere. There are the Military and Family Life Consultants, who provide counseling to children in school, and the child behavioral consultants, who work with children in the after-school programs, when they are having difficulties with their parents' deployments.

Army CYSS strives to provide a comprehensive range of services for families to help grow strong and resilient children.

Month of the Military Child is an important observance and a lot of fun. Installations worldwide are holding hundreds of fairs, parades, carnivals and other events throughout the month.

I encourage you to get out in your community and join in honoring and celebrating our children.

The Army does not confine its commitment to children to one month a year — we owe our children more than that.

They do not sign up for the challenges military life brings, and yet they are right in there with us, making sacrifices everyday and showing a lot of bravery.

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Commanding general visits Baumholder

By **Stephanie J. Santos**
Contributing writer

Members of the U.S. Army Garrison Baumholder welcomed Lt. Gen. Mark P. Hertling, U. S. Army Europe commander, and his wife, Susan, to the installation April 4.

Escorted by Lt. Col. Sam McAdoo, USAG Baumholder commander, and Command Sgt. Maj. Earla L. Reddock, Hertling was given a glimpse of daily operations at the installation.

The tour included meeting the 170th Infantry Brigade Combat Team rear detachment commanders, Family Readiness Group leaders and walking tours of the Warrior Zone, Army Community Service and the health and dental clinics.

The new USAREUR commander also had an opportunity to have lunch with Soldiers and travel to Baumholder Middle High School to speak with high school seniors.

When reflecting on the day's events, the general said he was inspired by the tenacity and endurance displayed by everyone in the Baumholder community.

"The rear detachment Soldiers and spouses are doing

a great job supporting each other during this deployment," Hertling said. "There is something special about the fact that Baumholder is a small and tight-knit community. The strength that our Soldiers and spouses show for each other is beyond compare."

Hertling added that he was equally impressed with the treatment of Soldiers at the Warrior Transition Unit and the initiatives that their commanders, first sergeants and squad leaders are taking to work with each individual Soldier and his or her injuries.

A refreshing part of the afternoon was the general's candid meeting with Baumholder's high school seniors. He described the students as "mature individuals focused on the right things."

"These students know the challenges they face and are prepared to take on whatever lies ahead of them," Hertling said.

Seniors were invited to share their feelings with the general and discuss a topic or concern that was on their minds. Hertling said the students are aware that when their parents



Photo by Madeleine Dwoiakowski

Lt. Gen. Mark P. Hertling

are deployed things may be stressful in the home or more responsibility may fall in their laps. Yet, they remain positive and ready to contribute to the needs of their households and still move forward.

"These students are the hope for our future, and from speaking with them today, I

can definitely say that we are in good shape," he said.

As the first deputy commanding general for Initial Military Training, Hertling was responsible for officer and enlisted training at installations across the United States and Europe. He has initiated new training methods into Basic

Combat Training, Advanced Individual Training and Basic Officer Leadership Courses, and the new Physical Fitness Test.

The St. Louis, Mo. native said he foresees training for the 170th IBCT to go "full spectrum" once the deployment to Afghanistan is over.

"I expect that the training of our Soldiers will move in a broader direction and will include combined arms and wide area security operations," he said.

In commenting on the future of USAG Baumholder and its continuing mission in Europe, Hertling said he remains positive about its current operational tempo.

"As with the future of the entire Army we will continue to support and improve our Soldiers and find ways to use our resources more effectively. This includes taking stewardship of the environment and making cost savings and environmental awareness one of our main priorities," he said.

"I definitely see Baumholder remaining as a major U.S. Army footprint and an enduring installation in Europe for the foreseeable future."



Photo by Ignacio "Iggy" Rubalcava

Well bundled to protect them from the cold and the first April drizzle, children from Baumholder's Strong Beginnings Pre-kindergarten group participate in the annual Month of the Military Child Parade April 1. The parade began at the Smith Child Development Center with children from the center parading up Grape Street to meet up with the Strong Beginnings group. Together they paraded down Menue Road, Peer Street and Dental Street.

Month of the Military Child



Photo by Ignacio "Iggy" Rubalcava

Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, signs a proclamation for the Month of the Military Child at the Wetzel Child Development Center. While there he also took time to thank several Wetzel CDC employees for their dedication to child care. Numerous activities are planned throughout April for the children and to commemorate the annual observance.

Combat team patrols toward progress

By Pfc. Nathan Goodall
170th Infantry Brigade Combat
Team Public Affairs Office

It was a little after 1 p.m. when the Soldiers walked outside the front gate for a routine foot patrol. It was cold outside and rain was already starting to fall, but the Soldiers were more than happy to begin the patrol — they were looking forward to every minute of it.

Soldiers with Battery A, 1st Field Artillery Regiment, 84th Battalion, 170th Infantry Brigade Combat Team, conducted a foot patrol in Qeysar to further their progress of helping the people here March 27.

"We went out with the battery commander to visit the village leaders of Qeysar to find out what we could help out with," said Pfc. Loren G. Gaboni, a San Juan Batista, Calif., native, now a forward observer with Battery A.

The air was dense with mist, and rain was falling intermittently, but it was vital that the Soldiers conducted the patrol as if it were a bright, sunny day, said Gaboni.

"It was cold, everything got soaked. I was freezing," said Gaboni. "But it was important to go out just to make sure that the people know that no matter what we're still here to help them."

While the patrol was routine, the Soldiers saw new evidence of their progress.

Battery A has multiple projects in the works to help the growth of Qeysar, such as planting trees and building playgrounds for the people to enjoy, said Spc. Michael Rabacal, a Manila, Philippines, native, now a signal support systems specialist with Battery A.



Photo by Pfc. Nathan Goodall

Staff Sgt. Lupe A. Irlas, a Fresno, Calif., native, now a platoon sergeant with Battery A, 1st Battalion, 84th Field Artillery Regiment, 170th Infantry Brigade Combat Team, and Pfc. Zachary A. Shanafelt, a Grand Rapids, Mich., native, now a combat medic with Battery A, patrol the area as Navy explosive ordnance disposal technicians examine a potential improvised explosive device outside the town of Shakh, Afghanistan, March 28.

"The last time I went out, we saw people digging holes, and this time we came back and those holes had trees planted in them," said Rabacal. "Right outside the COP people were building the wall for a playground we planned."

"A lot of the projects that the battery commander has talked about are happening," said Rabacal. "We're making progress and showing people that we're helping."

The patrol was not only a chance for the Soldiers to see how they were helping Qeysar, but also to survey the area and find new ways that they could contribute, said Rabacal.

"The commander was concerned about an area of water

we saw that was just staying around the area," said Rabacal. "He wanted to fix that, so he's making a project to get the sewage running to clear it from the area."

For Soldiers such as Pfc. Patrick L. Spray, a Covington, Tenn., native, now a cannon crewmember with Battery A and Pfc. Eric D. Garcia, a Redding, Calif., native, now a cannon crewmember with Battery A, the patrol was a new experience altogether.

Even though it was cold and wet outside, Spray and Garcia said they were very happy to be able to go out on patrol.

"We usually do mounted patrols," said Garcia. "It was

nice just to get out and not be riding in the trucks."

"We actually get a chance to look at the people up close," said Spray. "You get to look at everything up close. The people, the way they act when you're actually there and not just passing by them in a vehicle."

Seeing their progress in the town and being able to be around the people of Qeysar made the patrol very rewarding, said Garcia.

"You get to interact with (the people of Qeysar)," said Garcia. "When my sister was deployed, she said one of the things she liked most about deployment was interacting with the kids, and I haven't been able to do

that until today because I've been in the truck the whole time. You get to see more. You get a different perspective of things."

"All the locals, especially the kids, seemed like they were glad we were there," said Spray.

Battery A will continue to conduct patrols to see what else they can do for the people of Qeysar, said Rabacal.

Spray and Garcia said that they look forward to doing more foot patrols and continuing their progress in the area.

"The more I get outside the wire, the happier I am," said Spray. "(When we patrol people can) feel safe. They'll know that they're actually protected, that we're here if it's raining or not."

Health clinic offers preventive health screenings

The Baumholder Health Clinic offers two avenues that customers may use to receive health care services including health screening exams.

Customers may call Central

Appointments at civ (06783) 6-8080 or mil 485-8080 to make an appointment for any of the screenings listed below.

Or book an appointment online at www.tricareonline.com.

- Breast cancer screening: Recommended for women age 40 to 69 annually.

- Colon cancer screening: Recommended for men and women age 50 and older.

Colonoscopies are recommended every 10 years if normal; sigmoidoscopies are recommended every five years if normal.

- Pneumonia vaccination: Recommended for men and women age 65 and older. One dosage is recommended once before age of 65 and once after age 65. Appointment is not necessary. Visit the Immunization Clinic in Team 1 Monday to

Thursday 8-11 a.m. and 1-3:30 p.m.; Friday 8-11:30 a.m.

- Diabetes: Annual laboratory studies and annual eye exam are recommended for all persons with diabetes.

- Asthma: Control medication is recommended for individuals with persistent asthma, usually defined as 4 or more office visits in one calendar year and/or four or more asthma-related medication dispensing

events in one calendar year.

- Cervical cancer screening: Recommended for women aged 24 to 64 every three years if your last three PAP smears were normal.

If you are interested in any of these preventive screenings, schedule an appointment by calling civ (06783) 6-8080 or mil 485-8080. For more details call civ (06783) 6-8203 or mil 485-8203.

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FMWR roundup ... FMWR roundup

Easter Bunny to show at annual Easter egg hunt

An Easter egg hunt and barbecue is scheduled from noon to 2 p.m. April 23 at Iron Soldier Park next to the Rheinlander Community Club. The egg hunt and barbecue is for children 2 to 12 years of age.

The Easter Bunny's press agent has confirmed that his client will make an appearance and will be more than happy to pose for photos with the children so bring your camera.

Hot dogs and chips will be available. For more information contact Child, Youth and School Services at mil 485-7003. The event is free to all children.

Magic, illusion show

Come out to see illusionist Rob Lake April 19 at 5:30 p.m. at the Wagon Wheel Theater. Merlin Award winner Lake stirs up a magical potion of reality-altering illusions and colorful choreography into a mesmerizing family-friendly show. Come see what he's got up his sleeve. For more information call mil 485-7244.

BOSS activities

- April 16, Adopt-A-Road 11 a.m. to noon meet by Power Zone.

- April 16-21, BOSS will compete at the Department of the Army level for the best BOSS program.

- April 30, BOSS Trip to Europa Park.

Earn promotion points and help the Baumholder military community by getting involved in BOSS. Contact Pfc. Nicholas Prince, BOSS president at mil 314-485-8251, civ (06783) 6-8251 or cell (0162) 270-8384 to find out more.

Creative Arts Center

The Baumholder Creative Arts Center offers the following programs this spring:

- Basic beading
- Crochet for beginners, pros
- Decoupage dazzle
- Intro to framing
- Knitting for beginners, advanced
- Macramé jewelry necklace

For more information about Creative Arts Center programs call the center at mil 485-6687 or civ (06783) 6-6687 or email the center at artscenter@eur.army.mil.

New classes, hours

The Creative Arts Center has new classes and hours of operation. New classes and hours are:

- Craft Store: Monday to Friday 11 a.m. to 6 p.m., Saturday noon to 5 p.m.
- Frame Shop: Monday to Friday



Photo by Ignacio "Iggy" Rubalcava

Blue ribbon campaign

Baumholder Health Clinic members place blue ribbons on a tree to represent each child of a staff member. The blue ribbon is the international sign for child abuse prevention and serves as a constant reminder that everyone has a responsibility to help keep children safe. The Baumholder Army Community Service distributed an invitation to Baumholder schools and to the Health Clinic for participation in building a blue ribbon tree. ACS placed larger blue ribbons on an office tree to represent children at the schools, CDCs, those served by WIC and all the babies and children not yet in out-of-the home care or schools.

11 a.m. to 6 p.m., closed Saturday

- Plaque Shop: Monday to Friday noon to 6 p.m., closed Saturday

- Photo Studio: Monday to Friday 11 a.m. to 6 p.m., closed Saturday.

New at the art center

The Plaque Shop offers laminating services and can enlarge digital photos up to poster size. Check out the possibilities with the laser engraver.

The Arts Center Studio is available for individual rental during craft store hours of operation. Customers must attend an orientation course in order to use the equipment.

Next time you need balloons for your party, remember that we have both Mylar, latex and new bubble balloons in a wide variety of shapes and colors are available.

For more information call the center at mil 485-6687, civ (06783) 6-6687 or email the center at artscenter@eur.army.mil.

Second Saturday family fun

Try the Baumholder Library's new Wii video games or use the video messenger system to record a family read-a-long. For more information call mil 485-1740.

Book clubs

The Baumholder Library offers free adult and young adult book clubs. Books

are selected from Army Europe Libraries book kits. Come out to meet new people. Contact the Baumholder Library at mil 485-1740 to join.

Archery program

Sign up now and start making your bow for this spring's archery program.

For more information call Outdoor Recreation at mil 485-7182/6202/6345.

Spring Arts Festival

Submit your entries now for the 2011 Spring Arts Festival. Finish up your latest art projects and submit them into the 2011 Spring Arts Festival scheduled for May 12.

Submissions are accepted through April with categories for children and adults. Choose from a wide variety of categories.

Stop by the Arts Center to pick up an entry form. Or email artscenter@eur.army.mil to request an electronic form.

Anime Knock Out club

Are you an anime or manga expert or just interested in Japanese animation and graphic novels?

Meet other fans and check out the library's DVD and graphic novels. AKO is an adult-only program. Drop ins are welcome. The monthly viewing schedule is:

First Tuesday of the month, ladies choice

Second Tuesday of the month, gentlemen's pick;

Third Tuesday of the month, live action extreme;

Fourth Tuesday of the month, video game crazy.

Contact the library for more information.

Outside the gate

Around the town

April 15

The Beatles Story, Idar-Oberstein, Stadtheater, 8 p.m., entrance fee

April 16,17

IVV volksmarch in Rhaunen

April 24

Easter Rock, Berschweiler, Dr. Darge Halle, 8 p.m., entrance fee

April 24

Easter concert, Ruschberg, Bürgerhaus, 8 p.m. entrance fee

April 29

Musical Magics at Birkenfeld, Grosssporthalle Am Berg, 8 p.m., entrance fee

April 29

Skate contest, Idar-Oberstein, Hohlkaserne, point of contact is the youth administration of Idar-Oberstein

April 30 (Witches Night)

Witches Rock Night, Hettenrodt, Sportplatz, 8 p.m., entrance fee

Environmental clean-up

April 9

Baumholder, 9 a.m., city lake
Mettweiler, 9 a.m., volunteer fire department

Rohrbach, 9:30 a.m.,
Rückweiler, 9 a.m.

April 16

Ruschberg, 9 a.m.

April 30

Raising of the May Pole and bon fires:

Baumholder, 6 p.m., market place and city lake

Ruschberg, 7 p.m., Weiherplatz
Fohren-Linden, 7 p.m., Bürger-Haus

Berglangenbach, 7 p.m., Markthalles

Rückweiler, Eckersweiler, Heimbach, Berschweiler

Birkenfeld, 8 p.m., Talweiher
Hoppstädten, 7 p.m., Mausemühle

Resilience — ‘It’s not about the broccoli’

Commentary by Angela Pate
Family Advocacy Program Specialist

Have you seen the banners around post lately about Comprehensive Soldier Fitness?

The banners are targeted to family members of Soldiers, so this means you. Yes, I know it says “Soldier Fitness,” but it’s just the title of the program. The important thing to be concerned about is that it can help you acquire some skills to continue being a strong Army spouse. It’s not always easy being married to a Soldier, especially during this time of deployment, so isn’t it nice to know there’s something out there for the tough times?

Have you ever found yourself getting upset over something that later seemed blown out of proportion or downright silly? A conversation with your child about what to have for dinner turns into a heated discussion, an argument, a yelling match. Is it really about the broccoli? Probably not. It might be about fear and being alone without your spouse, missing your spouse, being overwhelmed, a bad day at work, stressed out and/or exhausted. How do you find out what is really going on? There are tools available to you to figure this out and to help you prevent blow-ups and tantrums. Remember (most likely) it’s not about the broccoli.

So you might be saying to yourself, “I’m strong enough already.” “I’m resilient. I can do things on my own,” or “I don’t need any help. I have been an

Army spouse for ___ (fill in the blank) years, I know how to do this.” I can appreciate and understand these thoughts you might be having, but don’t you think it’s OK to find ways to continue building that confidence and self-sufficiency? Perhaps you could also share your secrets and tips with others who may not feel so sure of themselves.

To be resilient isn’t about doing everything on your own and never breaking down. It’s about having the ability to bounce back from things that get you down, handle life’s everyday frustrations without “losing it” and discovering ways to modify the negative, “downer” thoughts we all have from time to time. It’s OK to cry and be upset while occasionally giving in to eating a whole tub of Ben & Jerry’s, but the more resilient you are, the faster it will be that you

will get yourself up and moving again.

So, take a moment and take the GAT, or Global Assessment Tool, online at www.army.mil/csf. You’ll also find out that there are different areas, or dimensions, of resilience and you can rate yourself in all of them — physical, spiritual, social, family and emotional. Do you take care of yourself and exercise? If so, your physical dimension could already be high. Strengthen your other areas too and increase your coping abilities even more. And here’s an important point: Thoughts drive behavior. If your thoughts are negative, hateful, vengeful or hurtful, your behavior and reactions to events will be the same. When we can change our thinking patterns to reflect a more positive attitude, we will be less likely to be critical and “lose it.”

Family advocacy has the answers

Can my fifth-grader babysit her siblings? When can my teenage son stay home alone overnight? Can I leave my 2-year-old unattended in a car?

You or your friends may have had these questions, or some similar to them, related to child supervision. Did you ever find the answers? Family Advocacy has the answers and the sources you were looking for. The U.S. Army in Europe Child Supervision Guidance Policy is updated each year. This policy

is distributed throughout Europe and provides the guidelines we must all adhere to in order to ensure child safety and protection. The policy provides information for child supervision whether they are newborns or teens (to age 18). With these guidelines, you can determine when your child can play alone outside, babysit siblings or be left alone at home. For more details call the Family Advocacy Program at civ (06783) 6-8188.



SUNDAY, APRIL 24, 10 A.M. - 2 P.M.

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Children 10-15 Brunch costs \$8

Adults Brunch costs \$15

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toast, cereal, fresh fruit, yoghurts, cold cut
meats, butter/marmalade, maple syrup.

Salad bar.

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beef roast, potatoes, vegetables, pasta,
shrimp, salmon filet, chicken fingers,
macaroni & cheese, fish sticks,
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Sgt. Lester Simpson sings a medley of Michael Jackson songs. Photo left: Sgt. John Boron entertains the crowd with a version of Queen's "A Crazy Little Thing Called Love."

Division thanks city with Kurhaus concert

Story and photos by Jameelah Arcila
U.S. Army Garrison Wiesbaden Public Affairs Office

Members of the 1st Armored Division Band bid farewell to the city of Wiesbaden with a special "Sound of Friendship" concert at the Wiesbaden Kurhaus April 3.

With the division slated to move from Wiesbaden to Fort Bliss, Texas, this year, Maj. Gen. Terry Wolff, 1st AD commander, asked the band to trace the decades of friendship shared by Germans and Americans through music.

Music from a broad range of artists was featured, and the band made sure to include standard German

fest music.

"I think we were able to get the most popular songs to both thank the Germans and to please the audience," said bandmaster Chief Warrant Officer 2 James Bettencourt, who described the show as "outstanding and bittersweet."

The Kurhaus was filled to capacity with an audience of both young and old Germans. Wiesbaden Lord Mayor Dr. Helmut Mueller described the emotions felt by many in the audience — "Our regaining of freedom is closely related to the Americans in Wiesbaden."

Many concertgoers were especially moved by a rendition of the Scorpions' "Wind of Change." Master

of ceremonies Lon Blair of the American Forces Network Wiesbaden explained that the song was written as a tribute to the fall of the Berlin Wall in 1989.

The concert was also significant for band members as the group will effectively decommission when the unit transfers to Fort Bliss, Texas, this summer. Musicians will all be reassigned to other Army bands.

With so many changes coming, "the concert seemed natural at this time," said Wolff. Music proved to be an ideal way to celebrate a German-American relationship that according to Mueller, "is better and stronger than ever."

Remembering 1st AD's fallen warriors

Soldiers pay tribute before memorials move to Texas



Photo by Karl Weisel

Chaplain (Lt. Col.) William Green (left) and fellow 1st Armored Division Soldiers take time to remember fallen friends and colleagues April 6 before the memorial stones are shipped to Fort Bliss, Texas.

By Karl Weisel
U.S. Army Garrison Wiesbaden Public Affairs Office

Soldiers took time out to remember fallen friends and colleagues at 1st Armored Division's Memorial Park April 6.

The small gathering, which paid tribute to the 351 service members who died during operations in Iraq, was held before the memorial stones are removed from Wiesbaden and shipped to their new home with the division in Fort Bliss, Texas.

"We've had a lot of lasts — including our 1st Armored Division Band concert — as we prepare for our departure to Fort Bliss, Texas," said Col. John

Ward with 1st AD's Special Troops Battalion.

Ward described how he, like many Soldiers, including former Division Command Sgt. Maj. Roger Blackwood, spent time at the memorial remembering "Soldiers who have paid the ultimate sacrifice in the service to their country."

"As we pause to reflect on the many sacrifices of these Soldiers ... these stones serve to remind us," said Chaplain (Lt. Col.) William Green, 1st AD chaplain. "Our nation made a commitment to our war dead — to never forget them."

Green reminded those present that it is vital everyone remember those who died fight-

ing to "preserve freedom and the American way of life. We must remember to the depths of our hearts and our souls those who have made the ultimate sacrifice. ... May these Iron Soldiers' memories be etched in our hearts today and forever."

The memorial stones, which weigh 6.6 metric tons, were to be removed this week and are headed to the 1stAD Museum in Fort Bliss to be unveiled during the division change of command May 24 in Texas.

A casing of the colors ceremony May 13 at 3 p.m. on Wiesbaden Army Airfield will mark the next step in the transition of the division from Germany to the United States.

Covenant signing reaffirms commitment

Story and photos by
Karl Weisel
U.S. Army Garrison Wiesbaden
Public Affairs Office

It was only fitting that a ceremony on the occasion of the signing of the U.S. Army Garrison Wiesbaden Family, Morale, Welfare and Recreation Employee and Customer Covenant started off by recognizing several FMWR staff members for sustained excellent service.

Dr. Robert Schloesser, USAG Wiesbaden's FMWR director, and Col. Jeffrey Dill, USAG Wiesbaden commander, welcomed employees to the Wiesbaden Entertainment Center April 1, presented a number of awards and then signed the covenant.

Employees were then asked to add their signatures to the document, an extension of the Army Family Covenant, calling for service excellence for Soldiers and families, training and development of employees and incentives for continued outstanding customer service.

"We have so many great employees," said Schloesser, pointing out how Child, Youth and School Services and sev-



Larry Harmon (from left), Peter Witmer, Aaron Chapuis and fellow U.S. Army Garrison Wiesbaden Family, Morale, Welfare and Recreation employees sign the Employee and Customer Covenant at the Wiesbaden Entertainment Center April 1. Photo above right: Col. Jeffrey Dill and Dr. Robert Schloesser cut a ceremonial cake to mark the occasion.

eral other Wiesbaden FMWR individuals and organizations are consistently recognized as being among the Army's best.

"In October 2007, the Army Family Covenant was signed to communicate the Army's commitment to providing Soldiers and families a quality of life

commensurate with their service," said Schloesser. "Today is an extension of that process. We are signing this covenant to demonstrate our commitment to our customers and dedicated employees."

While providing outstanding Soldier and family customer

service has long been a focus, the Employee and Customer Covenant equally stresses the importance of providing employees with "a strong, supportive environment" in which to thrive, a "robust orientation," "clear performance standards," "training" and "career develop-



ment opportunities" where they can reach their full potential.

"By signing the covenant we are committing the full weight of our resources to developing a customer-centric culture to provide world-class service," said Schloesser.

The garrison's commander underscored that commitment to the Army Family Covenant, saying, "today's focus is not solely upon the Soldier, but rather ... to recognize all of our customers — whether they be a Soldier, family member, retiree or civilian. We are also here to recognize our employees. Without their hard work and dedication, we could not provide the world-class service that our customers deserve. ... It shows our commitment to what we love to do each and every day" — taking care of those customers.

Leading the way: Soldiers, speaker focus on mentors, pioneers during U.S. Army Garrison Wiesbaden's Women's History Month observance

Story and photos by **Karl Weisel**
U.S. Army Garrison Wiesbaden Public Affairs Office

A first sergeant pointed to the "awesome women" with whom she serves and the "countless role models and mentors" she has encountered during her 18-year Army career as examples of how much women have contributed and achieved as U.S. citizens.

1st Sgt. Tawnia Valdez, 587th Signal Company, was the guest speaker at the U.S. Army Garrison Wiesbaden's Women's History Month observance, hosted by the 2nd Signal Brigade, March 31 at the Flyers Theater.

"As we celebrate Women's History Month, we pay tribute to the lives of countless women who have made great sacrifices, embarked upon meaningful endeavors and torn down historic barriers of prejudice," said Valdez.

Fortunately for those in attendance, five fellow service members were on hand to portray some of the notable women pioneers in American history. Dressed in period garb, Pfc. Noelle Berry, 24th Military Intelligence Battalion; Sgt. Ajita Curry, 5th Signal Command; Spc. Lacey Cota, 2nd Signal Brigade; Staff Sgt. Keyona Davis, 1st Armored Division; and Pvt. 2 Sandra Arista, 2nd Signal Brigade, shared insights

about Susan B. Anthony, Harriet Tubman, Dr. Mary Walker, Rosa Parks and Sonia Sotomayer.

"From the undaunted courage of Amelia Earhart and unrelenting fortitude of Susan B. Anthony to the unquenchable spirit of Annie Oakley and the quiet strength of Rosa Parks, our nation's past holds a great wealth of women heroes who inspire us and provide us with examples of how to make a difference," said Valdez, encouraging audience members to continue in the efforts to move forward. "I know you have your own personal story of the women who have encouraged and helped you in your life and career. And I believe that we have a responsibility to continue that cycle and to do our part to foster and encourage the careers and development of the next generation of women leaders."

The speaker also shared impressions of her deployment to Iraq where she was inspired by the hospitality and endurance of Iraqi women. "I was fascinated how hard these women worked — their faces showed the hardship they once suffered — but their spirit wasn't broken. They were a group of women that I will never forget. They reminded me how lucky I was to be a free American woman able to serve in our military."

Quoting one of her mentors, retired Command Sgt. Maj. Michelle S. Jones, the first woman class president



Pfc. Noelle Berry, 24th Military Intelligence Battalion, portrays Susan B. Anthony.

of the U.S. Sergeants Major Academy, Valdez said, "She explained that she felt driven to do her best in the military because it was an environment where we are judged for whom we are and what we can do; not how we were born."

Valdez wrapped up her presentation by encouraging everyone to "take time to be inspired and motivated by the women in our lives."

The Women's History Month event also featured a portrayal of former President Jimmy Carter by Spc. Thomas Crosby, 102nd Signal Battalion, and inspirational songs by Voncile Farmer and Judith Jaurieta.

Kari's Kitchen: Culinary contest teaches life skills

By Chrystal Smith
U.S. Army Garrison Wiesbaden
Public Affairs Office

The chef barks out the menu and other instructions.

On the menu, are sauteed pork, roasted tomato shallot salsa and chocolate-covered strawberries.

"The pork needs to be 145 degrees ... if it's one degree under ... I'm throwing it away," said Shaneil Williams, instructor and professional chef.

Cooks scurry about the kitchen gathering ingredients and prepping their stations to get orders out within a reasonable amount of time.

"You have 10 minutes," said Steve Hall, EDGE! Program director, as time winds down before presentations are made to the judges.

It's not another episode of Hell's Kitchen.

Instead it's Kari's Kitchen, the Wiesbaden adaptation of the popular reality show where the spatulas, spoons, thermometers and tongs are put in the hands of the youths.

"It's not just about cooking a recipe, I want them to apply all they've learned to cooking," said Williams.

The four-week program is offered through EDGE! in a format that teaches the basics of food preparation through competition.

"They're not just learning how to throw a piece of meat on the stove," said Williams. "It's something they can take back to home and cook for mom and dad."

Each week the students prepared a different main course — sauteed

chicken, steak, fish or pork, a side dish and a dessert.

"I try to keep things really easy and simple," said Williams, who said the menus were made up of ingredients that were accessible to the students in case they wanted to try them at home.

Some have taken what they have learned home to help out in the kitchen.

"Now I can tell my mom how to use stuff," said Alex Heim, who said before participating in the program she could only cook the really easy stuff and help her mother a little in the kitchen.

The lessons learned for others held a more collateral value for their families.

"I know how to not burn the house down," said Dominique Huff, who said she knew how to cook the basics such as eggs.

And while the youths benefited in a variety of ways from the course, one that stands out was getting lessons from a true professional.

"You have help you can trust," said Heim, who said she now second-guesses her mom a bit.

Kari's Kitchen ran every Wednesday at the Wiesbaden Middle School instructional kitchen. An overall top chef was named and a different chef was honored each week based on the judges' feedback. Top chef of the course went to Nadjalliete Hernandez, and from week to week it was Justus Skeesick (week 1), Hernandez (2), Meagan Drew (3) and Victoria Devers (4).

"The partnership with DoDDS contributes greatly to the success of the program," said Hall. "The EDGE! has also



Photos by Chrystal Smith

Simone Thomas sautees pork chops, and Sidney Tross and Nadja Hernandez melt chocolate in the Wiesbaden Middle School instructional kitchen during the final session of the recent iteration of Kari's Kitchen March 23. Photo below: Victoria Devers seasons pork chops.

strengthened Child, Youth and School Services internal partnerships, due to the program relying heavily on other CYSS programs for support and assistance. The end result has been great activities for youth across the community."

EDGE! activities run throughout the year and offer all sorts of activities to children and youth ages 6 to 18. Contact Parent Central Services on Wiesbaden Army Airfield for more information on the program at mil 337-7928, or civ (0611) 705-7928 or log on to www.armygermany.com.



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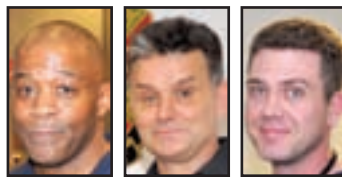
Garrison leaders paid a series of surprise visits to the workplaces of outstanding employees March 31

Command Sgt. Maj. Hector Prince and Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, recognized three individuals for outstanding customer service in the months of March and February.

The civilian employees received certificates of appreciation and \$250 cash awards.

The following people were acknowledged by coworkers and customers who submitted comments to the Interactive Customer Evaluation System:

Michael Porter, Wiesbaden Entertainment Center, was recognized for his efforts to ensure a successful opening of the en-



Porter Smith Tice

tertainment center, preparing and maintaining the lanes and always responding to patron needs.

Stephen Smith, Directorate

of Plans, Training, Mobilization and Security, was cited for his work while operating the garrison's Installation Operations Center.

M. Jeremy Tice, Child, Youth and School Services administrative assistant, was honored by the command team for serving as "the role model for customer service."

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Pet parade raises community awareness

By Chrystal Smith
U.S. Army Garrison Wiesbaden
Public Affairs Office

Heavy drinking and panting were commonplace for a recent Wiesbaden awareness event.

About 24 dogs, one cat and nearly 30 pet owners paraded the streets of Wiesbaden Army Airfield April 2 in support of Animal Cruelty Awareness Month.

The Wiesbaden Veterinary Clinic hosted the 3-kilometer run/walk and pet-owner mixer to boost the community's consciousness of animal abuse and neglect and to promote proper pet care.

"We needed to do something," said Pfc. Jessica Vaccaro, animal care specialist, who said that she has seen that abandonment is often an issue when military members permanently change stations or deploy.

"Don't leave your animals behind for goodness sake," said Amanda McMaster, who was

present with her husband and their four dogs, two of which she owns as a result of them having been abused and deserted.

"The whole time with Cocoa, it was 'until she finds a home ... until she finds a home,'" said McMaster about one of her dogs that she rescued while employed with the Pennsylvania Animal Society for the Prevention of Cruelty to Animals shelter. "Then, I just couldn't give her up."

McMaster and others were present out of a commitment to their own pet and a genuine love for animals.

"If it's animals anything, I'm there," said McMaster, who said she grew up owning all sorts of animals including hamsters and horses.

"What's better than being around pets," said Tyler and Michelle Lance. "It's something to do on a Saturday and we're here to support."

Pet care advice

Because the event was all about the care of animals, pet owners had lots of guidance to share.

"Make sure you have a lot of time to care for them," said Michelle Lance, to anyone who may be thinking about becoming a pet owner.

Curtis Burch agreed with such sentiments. "They just want to know that 'you're coming here and you love me,'" he said, stressing that he gives his "oversized lapdog" Koda, a St. Bernard, plenty of exercise and maintains a balanced diet.

Animal care specialist and pet owners advised that one make prior arrangements to ensure the health and welfare of animals when they can not adequately care for a pet for various reasons.

"Your pet is a part of your family," said Vaccaro. "Have a plan in place to care for your pet



Photo by Chrystal Smith

Pets and owners parade the streets of Wiesbaden Army Airfield to boost awareness of animal cruelty prevention.

in the event you PCS, deploy or go on vacation."

"Plan ahead, call your local vet and treatment facilities," said McMasters.

The Veterinary Clinic teamed up with Boy Scouts Troop 107, Cub Scout Den 7, Girl Scout Troops 322 and 276, 1st Air Support Operations Squadron and the Wiesbaden

Fitness Center to hold the event.

Donations were taken for the Ingelheim Tierheim, a partner animal shelter, which is funded by donations only.

Contact the Veterinary Clinic for more information about pet care and health at mil 337-6283 or civ (0611) 705-6283 or visit the location in Wiesbaden Army Airfield Building 1038.



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Community notes ... Community notes

Rock-a-Bye Baby Fair

Wiesbaden Army Community Service will host a Baby Fair for all military affiliated expecting parents and parents with newborns up to 12 months of age April 21 from 10:30 a.m. to 1:30 p.m. at the Wiesbaden Entertainment Center. Call mil 337-7928 or civ (0611) 705-7928 for details.

Kinder Fest

The Wiesbaden Entertainment Center holds a Kinder Fest April 23 from 10 a.m. to 2 p.m. featuring an Easter egg hunt for all ages, sack race, photos with the Easter Bunny, games, face painting and more. Bring your own baskets.

Easter events

Catholic Stations of the Cross services will be held Fridays at 6 p.m. through April 15 at Hainerberg Chapel. Holy Week services at the Hainerberg Chapel include April 21 at 6 p.m., April 22 (Good Friday) at 5:30 p.m., April 23 at 7 p.m. and April 24 (Easter Sunday) at 9 a.m. A Protestant liturgical Maundy Thursday service will be held April 21 at 6 p.m. and a Protestant Good Friday liturgical service April 22 at 6 p.m. at the Wiesbaden Army Airfield Chapel. Call the Religious Support Operations Office at civ (0611) 408-0248 for more information.

BOSS events for 2011

Wiesbaden's Better Opportunities for Single Soldiers invites service members to get involved in upcoming events including a trip to the Buch-

enwald concentration camp April 16 and a **BOSS party and cookout** April 29. For more information about upcoming events call mil 337-4269 or email Stevan.eclavea@eur.army.mil.

NAF furniture sale

A Non Appropriated Funds furniture sale will be held April 15-17 from 8 a.m. to 5 p.m. at the American Arms Hotel (Frankfurter Str. 17). The sale, open to ID cardholders only, will feature office and bedroom furniture, TVs, electronics and more. Coffee and bratwurst will be on sale.



WCSC events

The Wiesbaden Community Spouses Club holds **bingo and a Little Italy dinner** April 15 at 6:30 a.m. the Community Activity Center; a **German Flea Market Finds luncheon** April 20 at 10 a.m. at the CAC and a **scholarship luncheon** May 25 at 10 a.m. Organizations and individuals are reminded that the deadline to make welfare grant requests is the 15th of the month. Also, don't forget to stop by the Treasure Trove Thrift Shop on Mainz-Kastel Storage Station to help support WCSC's charitable ventures. Visit <http://wiesbadenspousesclub.com> for more information.

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Bank closing

All Community Banks in Wiesbaden will be closed April 22-25 in observance of Easter. Community Bank ATMs will remain in service.

Volunteer recognition

The annual U.S. Army Garrison Wiesbaden volunteer recognition ceremony will be held April 29 at 10:30 a.m. in the Community Activity Center. During the ceremony the garrison commander will present certificates and recognize the Volunteers of the Year while volunteers enjoy lunch. Contact Earl McFarland at mil 335-5254 for more information.

Unit funds change

Starting May 2 the operating hours for unit fund activities at the Wiesbaden Army Airfield Community Bank will have new hours—Monday to Friday from 9 a.m. to noon and 1-3 p.m.

Family member job workshops

The Wiesbaden Civilian Personnel Advisory Center holds Family Member Outprocessing Employment workshops the last Thursday of every month from noon to 1 p.m. Information ad-

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dressed includes leave without pay, benefits and unemployment compensation, the Priority Placement Program for spouses and family members and other topics. Workshops are held at the Wiesbaden Dining Facility on Wiesbaden Army Airfield. Call civ (06134) 6042 594 for more information.

One-way traffic

Wheaton Avenue on Wiesbaden Army Airfield, the street between the Wiesbaden Library and Tony Bass Fitness Center will remain a one-way street in the direction of Boyd Avenue from Rathgerber Drive through May 20.

Story time

The Wiesbaden Library features Parent-to-Parent story time May 11 and June 8 at 9:30 a.m.

Spring Cleanup

U.S. Army Garrison Wiesbaden will hold Spring Cleanup activities May 2-6. All housing

areas will be cleaned up May 5. The best buildings in each housing area will receive a building sign of recognition and garrison certificate. For more information call mil 337-5442 or 1330.

Newborn Network

Parents with children up to 12 months old are invited to share information during the Newborn Network get-togethers every first and third Wednesday of the month from 10-11 a.m. at Texas Strasse 57, Building 07780, Apartment 2 in Hainerberg Housing.



Commissary shuttle

The Better Opportunities for Single Soldiers group operates a free commissary shuttle bus for service members on Wiesbaden Army Airfield. Bus departs every first and 15th day of the month from the Community Activity Center at 6:30 p.m. Call mil 337-4269 for details.

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Radio duo tunes in to listeners

AFN-Wiesbaden DJs use humor, topics to let audience shine on air

By George A. Smith

American Forces Network Europe

Tuning into AFN-Wiesbaden's 98.7 FM morning show "The Shack" for the first time you might think you're eavesdropping on "head-o-skin" dome twins nodding in agreement by the water cooler.

But listen longer.

DJ co-hosts Air Force Staff Sgts. Tony Plyler and Tyler Alexander are as similar as Disney's Bambi and champion fighter Georges St. Pierre.

Alexander likes to slam opponents to the mat not on radio but in mixed martial arts competitions. He has a 4-0 record in Army Combatives matches.

Co-host Plyler is a Buddhist vegetarian who would avoid stepping on bacteria if he could.

Alexander fuels his fighting engine with large piles of meat and loudly and proudly brags about his St. Louis Cardinals baseball team.

Plyler regards trees as kindred spirits and loves the Chicago Cubs.

Plyler, 33, got interested in becoming a military DJ while following his now-retired Air Force father broadcaster from country to country. He occasionally tries and fails to get 27-year-old Alexander to trade in his slabs of ribs for bowls of bean curds.

But their differences don't shine through on the air. The duo instead makes the daily morning show about listeners' opinions and not their own.

Every weekday is the same — the DJs pick a polarized topic, each takes a side, and then they get out of the way as listeners sound off.

"It makes for great conversation, or arguments," said Trish Schirmuly who considers the segment her favorite part of the show.

"I always find myself talking back to the radio like Tyler and Tony are in the office with me. My co-workers are considering having me committed for observation."

Dennis Baskett, another listener, said his favorite daily topic was on which monster was scarier, Wolfman or Frankenstein.

"Tony had Frankenstein and was getting hammered on votes," said Baskett. "So (Tony) said 'OK ... give Frankenstein a gun.' Too funny."

The DJ duo said the daily topic of pitting one band against another and asking listeners which group they like better is very popular.

"My favorite was the Beatles versus the Rolling Stones," said Plyler. "It was our first battle of the bands and the response was overwhelming."

The Beatles won 35 to 30.

The most popular topic to date was on whether the fictional character Rocky should be inducted into the Boxing Hall of Fame.

The show got 100 votes via the studio's hotline number and Facebook, with most

people saying they were not in favor of Sylvester Stallone's character being in the hall. In addition to call-ins, Facebook has made the show a real-time community event.

"Facebook is huge," said Plyler. "We use it for everything — audience interaction, games, weather, traffic and exchange rates. Did I mention everything yet?"

The show's games and giveaways make people instant cubicle stars.

Schirmuly won the Defense Commissary Agency-Europe game "The Price is Almost Right" by most accurately guessing the price of three commissary items.

"I had a mountain of baked goods delivered to my office by Tyler Alexander," said Schirmuly. "I was very popular that morning — till the doughnuts were gone, anyway."

Two-person morning shows are uncommon in military broadcasting. Conventional wisdom has shown stations get more work done if one person hosts the DJ show and the other journalist produces radio and TV stories or an afternoon DJ show.

"I feel the two-person show has made the work load real smooth," said Plyler. "We record a lot of interviews during our show and edit them for later use on our radio news and afternoon DJ show."

AFN-Wiesbaden station manager, Sgt. 1st Class Dan Carr, explained how the two-person "Shack" came to be.

"I just came here from the States where two-person morning DJ shows are the norm, and I wanted to mimic those shows to give our listeners something they were used to hearing back home," said Carr. "We started using the name 'Shack' for the show because it was like that club house as a kid where we all used to meet with our friends."

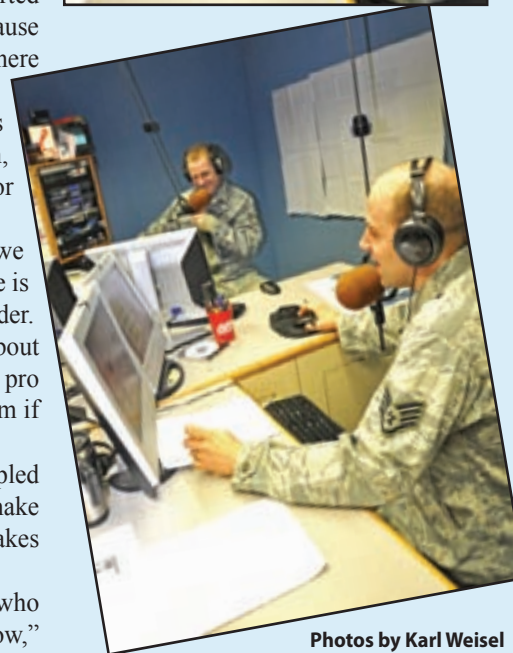
While Alexander agrees The Shack's two-person show works in Wiesbaden, he doesn't think it's necessarily right for other locations.

"What makes the show work is that we work well together, and every day there is something we laugh at," said Alexander. "We had a great time one day talking about peanut butter. We even called up NFL pro quarterback Matt Schaub and asked him if he liked it."

The duo's irreverent sense of fun coupled with the ability to curb their egos and make the audience the focus of the show makes The Shack stand apart.

"Our relationship with everyone who calls or stops by is what makes the show," said Plyler. "Some people have called or stopped by for years. We're always getting new listeners and each one of those people puts his or her individual touch into the direction the show goes. It's a very positive thing."

What's certain are the station's constantly busy phone lines and scores of Facebook posts — evidence that people enjoy being



Photos by Karl Weisel

Air Force Staff Sgts. Tony Plyler and Tyler Alexander co-host AFN-Wiesbaden's The Shack — a weekday morning show designed to draw in listener opinions and feedback

co-hosts as much as Plyler and Alexander enjoy inviting listeners into The Shack to share a story or opinion.

Foreign

Story and photos
by Jennifer Clamper
U.S. Army Garrison Wiesbaden
Public Affairs Office

Master Sgt. Matthew Shea and his wife Heidi were united by their parents long before their daughter — a petite 2-year-old from China.

The couple wrestled with decisions: should they do an international adoption or shouldn't they?

They struggled through setbacks, two years of paperwork, their adoption program closed and the Sheas had to start over.

They dove into the unknown, contacting the chief of hematology at the Walter Reed Medical Center with a request for a blood analysis for a cute little anemic Chinese girl.

"What does this mean, and could it be for her?" Matthew had asked the doctor.

And all this they did before meeting

A universal smile

Pei, now 3-year-old Ilana Ji-Li, was the stranger standing in her living room, turning back to watch "Mary Poppins" on her family's television.

Ilana's face is flashed in every room of the family's home — a pink princess, a Warhol-inspired screen saver. In the middle of a smile crosses her face. In person, she tilts her head.

"She's definitely a character," said Matthew. "She's come out of her shell little by little."

Ilana was only a few days old when she was found in the 16th bed of the neonatal intensive care unit at a hospital in Guangdong Province, China.

Her tiny mug shot — one you'd find in an infant's passport book — circulates on the Internet.

Did anyone know or claim to know her? No one did. For more than a decade, she lived in a Chinese orphanage.

In July 2010, Matthew and Heidi Shea moved into a family room at the Chinese Center for International Affairs in China. They waited in a small, air-conditioned room with a group of other adoptive parents. And then the door opened and a group of children. Ilana wore a white dress and a headband.

The 2-year-old clung to Matthew for most of the day. That night she ran into her room, pushed a beach ball and wolfed down her father's french fries. Matthew and Heidi laughed. The next day, the Sheas knew Ilana was part of their family.

A different set of rules

In fiscal year 2009, Americans adopted 1,000 children through foreign adoptions. Most adoptions were from mainland China, according to statistics at adoption.state.gov.

From home studies to background checks, an international adoption can be a long and complex experience.

"The most commonly asked question is, 'How can we adopt while overseas?'" said Jeanie Veith, Kaiserslautern Community Adoption Support Group coordinator. "The answer is, 'We won't.' It will be an adoption take."

"Of course, the answers are a

ign adoption, universal smiles



Ilana Ji-Lin Shea takes a break from drawing with her crayons to give a quick smile to her parents Matthew and Heidi Shea.



Master Sgt. Matthew Shea, with the 1st Armored Division, plays with his daughter Ilana Ji-Lin Shea. Matthew and his wife Heidi adopted Ilana from an orphanage in mainland China in 2010.

individuals doing the asking,” said Veith. “Much depends on their circumstances and what their individual adoption plans might be.”

As a U.S. military service member stationed abroad, Matthew, who is with the 1st Armored Division, is still considered an American during the adoption process, and for foreign adoptions he is treated as such.

The Sheas began the adoption process in 2004. In 2005 the Sheas’ progress came to a “screeching halt” after the adoption program in Bulgaria suddenly closed. In 2006, the couple started again.

“It was frustrating,” said Heidi. **“Don’t be afraid to ask someone who’s done it. I’m not going to be offended. We asked people. Now maybe somebody will learn from us.”**

Master Sgt. Matthew Shea

Mixed in with failed programs and demanding requirements, the Sheas also faced the prospect of three to five more years before an adoption could be finalized.

The Hague Adoption Convention — an international agreement designed to safeguard intercountry adoptions — posed as an obstacle. As countries such as China, began to adopt and implement the rules of the convention, adoption processes began to slow down.

“There were times when you’re waiting and you just want to give up,” said Matthew.

In 2010 a referral whipped across the world through modems and servers delivered the news to the Sheas in email format — you have been accepted for adoption of a child.

Then a letter of acceptance came along with a picture of Long-Ji-Pei.

A little support goes a long way

The U.S. Secretary of State provides international adoption guidelines and information on its website adoption.state.gov.

But sometimes the questions adopting parents have are more personal.

“It’s not just to be with others (who have adopted) but with people who have gone through what you also went through,” said Matthew of the KMC Adoption Support Group.

The support group is sponsored by the chapel at Ramstein Air Force Base. For more than 25 years the group has been a source of adoption information and support for military

families seeking help in navigating the complicated process of adoption. About 80 people attend the monthly meetings on a regular basis.

Organized and coordinated by volunteers, the support group operates a website — www.usa-dopteurope.com — to field questions from community members interested in adopting.

“Over the years, the group has become important not only to those seeking to adopt but to those raising children after adoption,” said Veith.

About 200 people attend the group’s annual European Adoption Symposium, said Veith.

This year’s symposium will be held May 7 at the Church of Jesus Christ of Latter-day Saints in Kaiserslautern, Lauterstrasse 1.

Through the support group, the Sheas pieced together information on different adoption programs. And after six years, they found themselves traveling from China to Hawaii, taking the oath of citizenship for their daughter and returning home to become a family.

“At bedtime it was a blank stare. At mealtimes it was a blank stare,” said Heidi.

Growing up in a Chinese orphanage, Ilana had

settled into a routine. She lay in bed when told. She ate when told. She cleaned tabletops with circular motions of a wet cloth.

Matthew and Heidi did everything they could think of to coax out the little girl that hid inside. They took Ilana on her first trip to the beach, her first sit in grass and her first time to see animals at the zoo. They gave Ilana her first bath. And they didn’t hesitate when Ilana wanted to spend an hour walking the steps of a Chinese temple — up and down, up and down.

They watched as she smiled more every day. They struggled as they encouraged her to walk on her own rather than be carried. The day came when the petite girl broke down into a crying fit.

“We knew the first time she threw a fit, she was ours,” said Heidi referencing the breakdown as a breakthrough for a child who at one time hesitated to show emotion.

Ilana watched the television intensely as she fingered a wooden puzzle piece. Heidi then asked something in German. Ilana turned and gave a sheepish grin.

“It’s the little goals,” said Heidi. “We had to be one second more determined than her.”

Not the only family

“We’re not the only family to do this,” said Matthew as he talked about an upcoming adoption support group meeting.

Matthew smiled as he described the families he met through the adoption process — people from a mixture of countries and cultures all excited to share their experiences.

“Some come most every month (to the meetings),” said Veith. “The meetings are critical to those just beginning in their adoption quests — for information, assurance and cautions.”

The Sheas said they certainly learned a lot. “Don’t be afraid to ask someone who’s done it,” said Matthew. “I’m not going to be offended. We asked people. We learned from them. We accomplished it. Now maybe somebody will learn from us.”

The one question the Sheas refuse to answer when strangers ask is “how much did she cost?”

Despite the six years of struggles, frustrations, setbacks and the obvious steep expense of an adoption of any form, Matthew and Heidi shake their heads at the question.

“She didn’t cost anything,” said Heidi. “She’s ours. There’s no difference between adopting and having a child. You’ve got to be willing to take the plunge.”

By Donald Seltzer
U.S. Army Garrison Wiesbaden
Volksmarch Editor

Take a hike: A guide to volksmarching in the Baumholder/Wiesbaden area

Volksmarching notes

- Reader B. Lopez reminds us that a variety of volksmarch events are available in France. Several are included for those wishing to enjoy a walk on the other side of the border. Also providing brochures for this feature, and deserving of thanks, are regular contributors Richard and Donna Glenn and Pat Patterson.
- Walking in the Saarland area southwest of Baumholder? Send your short, first-hand descriptions of the trails via email to this writer.
- Look for additional event choices at www.wiesbaden.army.mil/hunion/Takeahike.htm.

Weekend of April 16-17

Montbronn, France (57415) — This *Marche Populaire* event is south of Zweibrücken in France. Wanderers from the Kaiserslautern area will enjoy something a little different from the usual events in Germany. Use Autobahns 6 and 8 toward Saarbrücken and Zweibrücken. Exit at Zweibrücken-Ixheim to take B-424 south where it becomes D 35A in France. Connect with a secondary road near Bitche to follow it through Lemberg and Enchenberg to reach Montbronn.

Start: Salle polyvalente **Sunday:** 7 a.m. to 2 p.m. (11 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Unknown **Award:** None.

Rhaunen (55624) — This walk is in the Hunsrück region west of Bingen, an area well known for its scenic beauty and year-round series of walking trails. Trail lengths of 42- and 50-kilometers are offered to challenge-seeking wanderers. Also offered, for the first time, is a 35-kilometer mountain bike trail (but it's unlikely this will earn IVV credit). Take Autobahns 60 and 61 toward Bingen and Koblenz. Exit at Rheinböllen and follow B-50 and B-421 to Kirchberg, then continue through Dickenschied, Rohrbach and Woppenroth to reach Rhaunen on a secondary road. From Idar-Oberstein use B-41 and B-421 to reach a secondary road leading to Schlieschied, Woppenroth and Rhaunen.

Start: Idarwaldhalle at Am Sonnenschlicher 5 **Saturday**



and Sunday: 7 a.m. to 2 p.m. (6 and 10 km), 7 a.m. to 1 p.m. (20 km), 6:30-9 a.m. (42 km) 6:30-8 a.m. (50 km) and 9 a.m. to 1 p.m. (35 km mountain bike) **Trails:** Hilly, mostly woods **Award:** From previous events (shorter routes) or patch and certificate (marathon trails).

Wiesbaden-Kohlheck (65199) — The Polizei-Sportverein Grün-Weiss Wiesbaden plays host to this annual walking event on the Polizeiakademie Kaserne. The visit is always interesting

for children, and Americans are welcomed. Use Autobahns 3 and 66 to reach Wiesbaden's Schiersteiner Kreuz. Take A-643/Schiersteiner Strasse to the 2. Ring, turn left on Dotzheimer Strasse and cross the railroad tracks. Turn right on Schönberg Strasse and follow it to the suburb of Kohlheck and the police school.

Start: Hessische Polizeiakademie at Schönbergstrasse 100 **Saturday and Sunday:** 7 a.m. to 3 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Somewhat hilly, neighborhoods and woods **Award:** Pendant without chain (walk).

Wustweiler (66557) — This event is southwest of Baumholder and west of Kaiserslautern in the Saarland area. From Kaiserslautern/Ramstein area, use Autobahns 6, 8 and 1 toward Trier and exit at Eppelborn. Follow secondary roads to Dirmingen and Wustweiler. From the Baumholder, Neubrücke and Idar-Oberstein areas, use Autobahn 62 toward Trier. Connect with Autobahn 1 toward Saarbrücken and exit at Eppelborn. Take secondary roads to Dirmingen and Wustweiler.

Start: Seelbachhalle on Lebacher Straße **Saturday and Sunday:** 7 a.m. to 2 p.m. (6 and 10 km) and 7 a.m. to noon (15 km) **Trails:** Unknown **Award:** None.

Easter Weekend, April 22-25

Hünfelden-Ohren (65597) — This Good Friday walk is west of Bad Camberg on the northern edge of the Naturpark Rhein-Taunus. Use the Bad Camberg exit of Autobahn 3 to pick up unnumbered roads to Beuerbach and Ohren.

Start: Gemeinschaftshalle am Sportplatz on Dauborner Weg **Friday:** 7 a.m. to 3 p.m. (6 and 10 km) and 7 a.m. to 2 p.m. (20 km) **Trail:** Fairly hilly, woods **Award:** IVV credit only.

Weekend of April 30-May 1

Kalhausen, France (57412) — This *Marche Populaire* event is south of Saarbrücken in France. Wanderers from the KMC area will have a bit of a drive to reach this walk. From the KMC, use Autobahn 6 past Saarbrücken and into France where it becomes A 32. Connect with the A 4 toward Strasbourg and use the Sarreguemines exit. Use N 61 to Sarralbe and minor roads Herbitzheim and Oermingen to reach Kalhausen.

Start: Salle polyvalente **Sunday:** 7 a.m. to 2 p.m. (10 km) **Trail:** Unknown **Award:** None.

Wiesbaden-Frauenstein (65201) — This May Day holiday event moves to a new location. Use Autobahn 66 to reach Wiesbaden; continue on A-66 to the Frauenstein exit. Follow IVV directional signs on the minor road leading to Frauenstein and Alfred-Delp-Straße.

Start: Alfred-Delp-Schule at Alfred-Delp-Str. 53 **Sunday:** 8 a.m. to 1 p.m. (6 and 10 km) and 8 a.m. to noon (20 km) **Trail:** Unknown but expect somewhat hilly, wooded areas and neighborhoods **Award:** None.

Weekend of May 7-8

Ramstein-Miesenbach (66877) — The Ramstein Roadrunners club plays host to this event and celebrates 35 years in the German Volkssport Association with a new 15-kilometer trail as well as a new start hall location. Despite its distance from USAG Hessen, wanderers will find the event to be a friendly and relaxing family activity. Of course, this is a hometown event that's not to be missed for volksmarchers in Kaiserslautern, Landstuhl and Ramstein.

Use Autobahns 5 and 6 and the Landstuhl/Air Base exit to follow IVV directional signs to reach the town of Miesenbach.

Start: Mehrzweckhalle at Am Kiefernkopf 20 **Saturday and Sunday:** 7 a.m. to 3 p.m. (5 km), 7 a.m. to 2 p.m. (10 km), 7 a.m. to 1 p.m. (15 km) and 7 a.m. to noon (20 km) **Trail:** Slightly hilly, fields and forests **Award:** Engraved drinking glass.



Frankfurt Dippemess

The Frankfurt Spring Dippemess (huge carnival and pottery fair) will be held April 15 to May 8 at the Ostpark on Ratsweg (by the Eissporthalle). To get there by public transportation take the U-7 toward Enkheim and get off at the Eissporthalle/Festplatz station.

Mongolian Cultural Event

In honor of National Library Week the Wiesbaden Library will present a Mongolian Cultural Event April 16 at noon. Call civ (0611) 705-1740 for details.

Europa Park trip

Wiesbaden Outdoor Recre-

Things to do ... Things to do

ation heads to Europa Park in the Black Forest April 30. Call civ (0611) 705-5760.

Magic act April 17

Illusionist Rob Lake will perform free shows at the Taunus Movie Theater (Hainerberg Shopping Center) April 17 at 4 p.m. and 7 p.m. The Armed Forces Entertainment performance is free to all ID cardholders.

Greek Festival

The annual St. George's Greek Festival will be held May 1 in Wiesbaden-Biebrich. Greek dancing, souvlaki on the grill with tzaziki and bread, homemade pastries and more will be featured at the festival

at Rheingastr. 170b, 65203 Wiesbaden.

Ivan and the Soul Brothers

Jam out to the soulful sounds of Ivan and the Soul Brothers April 23 at the Wiesbaden Entertainment Center. The show is free for all ID cardholders.

German-American Club

The Mainz German-American Club invites everyone interested in making new friends to their monthly Stammtisch (the second Friday of the month at 7 p.m.) at the Haus des Deutschen Weines, Gutenbergplatz. The club also enjoys other get-togethers including bolwing (May 15 and June 19 at 6 p.m.

at the IBM Club in Heidesheim-Uhlerborn), a visit to a painting exhibition in Russelsheim April 28, an excursion to Koblenz May 28 and more. Call Dieter Kuester at civ (06131) 361 484 or email dkuester55@yahoo.de.

USO trips

Rhein-Main Area USOs feature the following upcoming trips: **Keukenhof Garden and Flower Parade** April 16, **Nürnberg Easter Market** April 16, **Paris Express** April 16, **Medieval Easter Market at Ronneburg Castle** April 17, **Shopping at Wertheim Village Outlet Center** April 17, **Rüdesheim Walking Tour** April 23, **Colmar Easter Mar-**

ket April 23, **Stuttgart Spring Festival** April 30, **Military History Tour** April 30, **Covered Wagon Vineyard and Wine Tasting Tour** May 1, **Ladenburg by Train** May 3, **Karlovy Vary in the Czech Republic** May 7, **Mother's Day Rhein River Cruise** May 8. Stop by any Wiesbaden USO office for more information.

Artists group

"Montmartre am Main," an international group of amateur artists meets April 17 at 2 p.m. on the banks of the Main River in Frankfurt-Höchst. Individuals interested in painting outdoors are welcome to join the group for an afternoon. Visit www.montmartre-am-main.net for more information on the group.



Photos by Chrystal Smith

Big strokes for college

David Kidd and teammates Chris Baker and Fernando Mota watch with hope that the putt goes into the cup to make par at the 18th hole during play in the Big Bucks for College Golf Tournament April 8 at the Rheinblick Golf Course. Photo left: Alastair Thomana follows through on a drive from the first tee box. The Corps of Engineers, Europe District, along with private organizations such as Old Ironsides Chapter Association of the U.S. Army and the Germany Alumni Chapter of Kappa Alpha Psi Fraternity, hosted the four-person scramble for 35 teams totaling 140 golfers to raise money to support Wiesbaden High School seniors transitioning to higher education after graduation. This year the tournament raised more than \$3,000.



Springtime football

Quinton Torque, Wiesbaden High School, battles Prince Owusu, Baumholder defender, for the ball on the Wiesbaden side of the field during regular season match play April 7 at Baumholder's Minick Field. The Baumholder Buccaneers went on to win a hard fought match over the Warriors 3-1.

Photo by Jameelah Arcila

Sports shorts

Charity golf tourney

The 5th Signal Command sponsors a four-person best ball scramble April 21 starting at 8:30 a.m. at Wiesbaden's Rheinblick Golf Course to support the Kappa Scholarship Fund for Department of Defense Dependents Schools-Europe students. Email Keith Cromartie at kmcromartie@yahoo.com for more information.

De-stress with ACS

Enjoy free yoga, Zumba and massage therapy the last Thursday of the month from 9:30-10:30 a.m. at the Army Community Service cafeteria.

Rolling Hills open

Baumholder's Rolling Hills Golf Course driving range is open for practice. Call mil 485-7299.

Friday Night Scrambles

Wiesbaden's Rheinblick Golf Course holds Friday Night Scrambles April 29, May 13, June 3, 10, 24, July 8, 29, Aug. 12, 26 and Sept. 9 starting at 6 p.m. Sign up a week before each scramble by calling civ (0611) 5059 2718. Cost is \$10 for members, \$25 for nonmembers and \$20 for ID cardholders.

Learn-to-swim classes

Baumholder's Aquatics Center offers various learn-to-swim classes for youths and adults. Lifeguard training courses and water aerobics are also available. Call mil 485-7093 for more information.

Abs Assault Training

The Wiesbaden Fitness Center will hold Abs Assault Training Tuesdays and Thursdays from 5-5:45 p.m. May 10 to June 9. Email lee.townsend@eur.army.mil to sign up or call civ (0611) 705-5541.

All-Europe basketball

Congratulations to Wiesbaden's LeAndra and LeAmber Thomas who made the first team and Baumholder's Dionna Marcus who made the second team of the Girls All-Europe Basketball Teams. It was the third time for LeAndra to make the All-Europe first team. (Courtesy of Stars and Stripes)

Honor Shoot/Angler's Meeting

The Wiesbaden Hunting, Fishing and Sport Shooting program holds an Honor Shoot (rifle marksmanship) and Sport Shooter Meeting April 19 at the Schützenhaus in Mörfelden-Waldorf and an Angler's Meeting April 21 at 6:30 p.m. at the Wiesbaden Entertainment Center. Call civ (0611) 705-5760 for more information.

Schoolbits

Big Bucks May Fest

Wiesbaden High School's Big Bucks for College program holds its May Fest May 7 from 2-7 p.m. at the school. The event, which raises money for graduating seniors continuing their education, will feature food, fun, games and more.

Scholarship Ball

Kappa Alpha Psi Fraternity, Inc., holds its annual Krimson and Kreme Scholarship Ball April 30 at the Penta Hotel in Wiesbaden. Proceeds go toward scholarships for graduating seniors. Cost is €40. Contact Mr. Kellem at civ (0151) 5761 9261 or Mr. Yearwood at civ (0170) 3286 843.

Summer Hire

Youths have the opportunity to earn cash and working experience during the annual Summer Hire program. Apply at <https://lnjobs.army.mil/sh/staffing/summerhire>.

Field study course

University of Maryland University College Europe holds two field study courses May 15-21. They are Scotland: Culture, Literature and History (ENGL 288I/388I) and History and Culture of Naples (HIST 217F/317F). Registration deadline is April 24. Visit www.ed.umuc.edu/fieldstudy or your local Education Center.

PTO Spring Carnival

Smith Elementary School holds a Parent Teacher Organization-sponsored Spring Carnival April 29 from 4-7 p.m. in the school gym and parking lot. Call mil 485-6968 for details.

Coffee and crafts

Wetzel Elementary's Parent Teacher Organization holds a coffee and crafts event April 20 at 8:30 a.m. at the Parent Center.

Free Hired classes

Baumholder's Hired program features educational programs in April including Choosing careers April 18 and Career barriers April 25. Call civ (06783) 6-6348.

Coin drive: Students hold fundraising efforts to provide assistance for tsunami survivors in Japan

By Karl Weisel
U.S. Army Garrison Wiesbaden
Public Affairs Office

When the tsunami and earthquakes struck Japan March 11, many people's thoughts turned to those in harm's way.

Wiesbaden military community members worried about Japanese friends and colleagues still serving with the U.S. military in the devastated country.

Students in Ms. Green's class at Aukamm Elementary School wanted to do something to help. "The teacher came to me and said they wanted to do something," said Michele Brashear, secretary of Aukamm's Parent Teacher Association. "My son (Ryan) is in Ms. Green's class."

After considering various ways to raise money — including a yard sale, car wash, baked goods or wild flower sales — the students opted to repeat a successful fundraising effort from the year before — collecting quarters for a coin line throughout the school. The fundraising method was introduced to the school in 2010 by parent volunteer Rachel Berger as a way to assist those impacted by the earthquake in Haiti.

"They decided on the coin line because the oldest Berger boy (Nick) would have been in fourth grade this year," said Aukamm Elementary School Principal Sue Gurley, referring to Ms. Green's students who were friends of Rachel's children. The family left Wiesbaden last year to follow Air Force Master Sgt. Michael Berger who reported to Japan for a new assignment.

Members of the faculty and student body were saddened last September by the news that Rachel had died suddenly during a visit to Australia, her native land, while on the way to the new assignment in Japan.

"Our quarters will help the people of Japan," said fourth-grader Ryan Brashear, adding that he wanted to help after thinking about his friend Nick in Japan. "I'm hoping none of the radiation gets to him."

"A lot of people lost their homes and a lot of people died," said classmate Daymahri Reneau-Jackson. "The tsunami destroyed gas and sewer lines and the nuclear power plants



Photo by Karl Weisel

Aukamm Elementary School students place quarters in a line throughout the school April 1. The students raised more than \$2,700 to be given to the American Red Cross for Japan relief.

which spread radiation — the biggest problem now in Japan."

Reaneau-Jackson added that he was glad to take part in the relief effort, saying, "so we can help the people of Japan — to show them that we care about them."

"I feel good because we know a lot of people lost their loved ones and homes," said fellow fourth-grader Alexis Jones. "I'm happy that our money will help them rebuild their homes and get furniture."

"Last year for Haiti we collected \$1,800," said Kahlil Gardner, another student in Ms. Green's fourth-grade class. "I

think it's a great idea because we have a lot of money. We're going to deliver it to the American Red Cross and they'll donate it to the Red Cross in Japan."

"We're helping Japan and helping others who don't have money anymore," said Jonathon Nielsen. "I hope it helps the people of Japan to rebuild their houses and give them more food and clothing."

"I feel so happy," said fifth-grader Taro Yoshida, who had only made the transition from Japan to Wiesbaden seven months earlier. "I have a lot of family members there."

Fifth-grader Tony Geremia was another proud contributor to the fundraising effort. "My mom just put \$100 in the bank and exchanged it for 400 quarters," he said. "She did it last year for Haiti too."

As students throughout the school took turns placing coins along strips of masking tape running through the Aukamm Elementary School corridors, Gurley beamed with satisfaction. "This feels great. The kids love doing this. This is all their initiative."

"Last year we raised \$1,800, and if we get even half of that we'll be happy," said the school principal.

The final tally by day's end — \$1,902.50 in quarters, \$142.29 in various currency and \$718 in checks for a grand total of \$2,762.79.

More help for Japan

The Aukamm fundraiser was one of several aimed at helping tsunami survivors. Other efforts included a clothing and basic necessities drive by Wiesbaden military community family members and a bake sale at Hainerberg Elementary School which raised \$1,200 for relief efforts.

„Running and celebrating together!“



Thursday, May 26, 2011, 6:00 pm, Kaiserslautern, City



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At the movies April 14-28

Baumholder, Wagon Wheel

April 15 — Sanctum (R) 7 p.m.
April 16 — Mars Needs Moms (PG) 4 p.m. The Roommate (PG-13) 7 p.m.
April 17 — The Eagle (PG-13) 6 p.m.
April 22 — I Am Number Four (PG-13) 7 p.m.
April 23 — Arthur (PG-13) 4 p.m. Paul (R) 7 p.m.
April 24 — Just Go With It (PG-13) 6 p.m.

Wiesbaden, Taunus

April 14 — The Rite (PG-13) 7 p.m.
April 15 — Arthur (PG-13) 7 p.m. The Eagle (PG-13) 9:30 p.m.
April 16 — Gulliver's Travels (PG) 4 p.m. Arthur (PG-13) 7 p.m. The Roommate

(PG-13) 9:30 p.m.

April 17 — Magic show (no movie)
April 18 — Arthur (PG-13) 7 p.m.
April 19 — The Eagle (PG-13) 7 p.m.
April 20 — The Roommate (PG-13) 7 p.m.
April 21 — The Eagle (PG-13) 7 p.m.
April 22 — Rio (PG) 7 p.m. Just Go With It (PG-13) 9:30 p.m.
April 23 — Rio (PG) 4 p.m. I Am Number Four (PG-13) 7 p.m. Just Go With It (PG-13) 9:30 p.m.
April 24 — Rio (PG) 4 p.m. Water For Elephants (PG) 7 p.m.
April 25 — Rio (PG) 7 p.m.
April 26 — Just Go with It (PG-13) 7 p.m.
April 27 — The Eagle (PG-13) 7 p.m.
April 28 — I Am Number Four (PG-13) 7 p.m.

Movie plots

Water For Elephants (PG)

— Veterinary school student Jacob meets and falls in love with Marlena, a star performer in a circus of a bygone era. They discover beauty amidst the world of the big top, and come together through their compassion for a special elephant. Stars Robert Pattison, Reese Witherspoon and Christoph Waltz.

I Am Number Four (PG-13)

— D.J. Caruso helms a suspense-thriller about a young man, John Smith (Alex Pettyfer), who is a fugitive on the run from ruthless enemies sent to destroy him. Changing his identity, moving from town to town with his guardian Henri (Timothy Olyphant), John is

always the new kid with no ties to his past. In the small Ohio town he now calls home, John encounters unexpected, life-changing events.

The Eagle (PG-13) — In 140 AD, two men — master and slave — venture beyond the edge of the known world on a dangerous and obsessive quest. Channing Tatum and Jamie Bell star in this Roman-era epic adventure.

Rio (PG) — Set in the magnificent city of Rio de Janeiro, this animated comedy centers on Blu, a rare macaw who thinks he is the last of his kind. When Blu discovers there's another, he leaves the comforts of his cage and heads to Rio.



Robert Pattison and Reese Witherspoon star in "Water For Elephants." Photo left: A scene from "The Eagle."

Advertisement

On Thursday, May 26th, at 6 pm, get ready, once again, for the biggest and most sporting office party in the Palatinate region, right in the center of Kaiserslautern, at Stiftsplatz. Last year, about 7,185 corporate joggers from 428 companies laced their runners bring more colleagues! This year, we expect about 8,500 participants from 500 companies", says Dr. Klaus Weichel, mayor of Kaiserslautern. The runners can start the five-kilometer course at Spittelstrasse. Afterwards the runners do a lap through the center of the city of Kaiserslautern. The finish line is located in the Karl-Marx-Strasse. As in the third edition of Gründel's fresh Firmenlauf Pfalz the organizers adapted to the growing number of runners by making modifications this year as well, such as making a larger finishing corridor.

Moreover there will be a second party area! The huge After-Run Party will be extended from Stiftsplatz to Stiftskirche again, like last year. "This doesn't only create more space for celebrations, now

we can also offer more corporate tents. Apart from being a meeting place for colleagues or a private party area, such a tent is also a sustainable way of company representation", explains Ralf Niedermeier, manager of the organizing agency niedermeier+Marketing PR Events.

The variety of colors and imaginative disguises has shown that this is a corporate challenge where fun is to the fore. Therefore, it's not a hunt for seconds or minutes — there won't be any timekeeping at all. The fastest will not be the victors! Awards will be given to the biggest running teams, and also there will be an "Azubi Superstar" award for the company which can motivate the most trainees for the run. Furthermore, there will be awards for the biggest teams from craft enterprises and for the most original t-shirt, the "Creativity Award". Application pictures for this award have to be sent to the agency niedermeier+ prior to the running event. The highlight will be an attractive special prize raffled off among all applicants. The slogan of the event remains the same: Run & Fun! As usual, the corporate showdown is topped off by a colorful supporting program. Prepare for a huge After-Run Party with a live performance by "Elliot" and the DJs from RPR1. Furthermore there's

another highlight at the Gründel's fresh Firmenlauf Pfalz: a veritable band contest. All those who want to cheer for the runners passing by while standing on a stage next to the course, please apply to the agency niedermeier+ prior to the event.

"The Gründel's fresh Firmenlauf Pfalz isn't only a sports event — it's also a great social experience. Furthermore, it's good for fitness and a motivating factor for the everyday challenges at work. It is safe to say that the image of Kaiserslautern as a sports city was considerably enhanced by this corporate challenge", Dr. Weichel praisingly comments on the running event which seems to match perfectly with the spirit of the time.

The starting fee is 12 euros, just like last year. It includes free journey to and from the corporate challenge with the Verkehrsverbund Rhein-Neckar. Furthermore, each participant gets a finisher medal and a voucher for monte mare in Kaiserslautern. And, traditionally, 1 euro of each runner's starting fee will be donated to charity. There's no limitation to the number of participants per company. Important: Each company assigns a Team Captain who registers and takes care of the team. Showers, changing rooms and provisions along the course will be

provided. Registrations are accepted as of now, until May 10th at the latest. The runners have about eight weeks, from April 2011, to prepare for the challenge. "All of them should get some practice. For this reason, 1.FC Kaiserslautern Running once more offers different training groups this year", Ralf Niedermeier explains, "because everybody knows that running in a group is easier!"

Further information can be found on www.firmenlauf-pfalz.de, or just call 0681/968538-13.

The 4th Gründel's fresh Firmenlauf Pfalz is brought to you by: Karlsberg Gründel's fresh, Die Rheinpfalz, DAK, Autohandels-gesellschaft Rittersbacher, VRN, monte mare, RPR1, Advanti Pro, Globus Kaiserslautern, die gasanstalt/Technische Werke Kaiserslautern, quix, Der Laufladen, Lotto Rheinland Pfalz und Sportbund Pfalz.

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From burning wheels to sacred water - Easter traditions in Germany

by **Nicole Karsch-Meibom**
Contributing writer

Easter is a happy time. After a long winter, nature is finally in full bloom. During this time, children wait for the Easter bunny, people combine their free days to make a long weekend and school is out for at least a couple of days. In the Christian tradition, it is also the finale of Lent season. Needless to say, next to Christmas, Easter is Germany's most popular holiday.

The multitudes of traditions following this day stem from Christian and heathen times but all evolve around the same idea: the rebirth of nature, the resurrection of Christ and the celebration of life itself.

At the same time, copying nature's spring beauty, people decorate their homes and gardens with adorned, dyed or ornamented eggs whose preparation is a popular family event.

Especially scenic and well worth a trip is a custom of villages in the southeast of Germany.

In the Frankonian Swiss, many communities set up Easter wells filled with hundreds of colored eggs. Though the original idea was to honor water for its gift of life, this has become a popular competition between the villages for the well with the highest number of eggs.

The connection of eggs and Easter dates back to Medieval Ages. During Lent season, the church did not allow the consumption of eggs.

As a consequence, great numbers of eggs were amassed in the weeks prior to Easter. During the festive days they were then used as means of payment or little presents. Later, exchanging these little gifts became a popular custom between sweethearts.

Apart from optical pleasure, Easter also meets the joy of eating, especially for anyone with a sweet tooth. Only Christmas time assortments can rival the wide range of sweets offered in the supermarkets during Easter time. From little chocolates to handmade truffles, not just children enjoy the contents of their

Easter baskets.

But there is even more food to it. "Easter lamb" is one speciality that no longer consists of meat nowadays, but refers to a cake formed like the very animal. Other bakery products look like rabbits, roosters or poult.

Another typical seasonal delight is sweet plaited milk bread nicely braided into an Easter wreath. So, even without religious intentions, it is well wise to meet this season with some prior dieting.

What would this time of year be without its leading character, the Easter bunny, which was first mentioned in the medical scripture "De ovis paschalibus – About Easter Eggs" by physician Georg Franck von Frankenau in 1682. German children believe that according to their behavior, the Easter bunny brings and hides the eggs throughout the house.

So, Easter Sunday usually starts with the children's treasure hunt. Often enough, by the way, it ends with parents secretly counting the sweets to avoid finding melted chocolate remains later in summer.

Apart from culinary delights, there are a few playful and competitive customs, too. In many rural areas, huge wood stacks are prepared and on the evening of Easter Saturday, the fires are lit to cast out wintertime.

Sometimes this is also represented by straw figures that get burned. Often, the village men contend for the tallest fire. A speciality of the city of Lüdge in Westphalia is the "Easter Wheel" where a burning oak wheel filled with straw rolls down a hill at night. "Ostereiertitschen – egg tapping game" is a popular competition among young people.

Two players take hard-boiled eggs and hit them against another. The egg whose shell remains intact wins. Egg rolling "Ostereierschieben" has a tradition of 400 years in the East German city of Bautzen.

On Easter Sunday children of affluent families used to let eggs roll down the Protschenberg hill to be picked up by poor kids. Nowadays, contestants use plastic balls and can win prizes.

Finally, an almost mythical custom evolves around the "Easter water" which dates back to ancient times. Young girls are to go and drink water from a spring in silence before the first rays of the sun meets them. The water is attributed healing influences and the gift of fertility.

So, lot's of things you can do with eggs – rolling, tapping, painting, hiding, but no matter if you celebrate the resurrection of Christ or the rebirth of nature, Easter is a very popular time in Germany.

Whether it is burning wheels or chocolate eggs, sacred water or Easter cakes, it is a time filled with joy and anticipation.



Photo Tourismszentrale Fränkische Schweiz

An Easter well is beautifully decorated with hundreds of eggs in the Frankonian city of Forchheim.

MY FAVORITE PICTURES

Share your favorite pictures with the community. Send your JPEG photo to the Herald Union and it could be published in the "My favorite Pictures" section. Include the name of the photographer, the date of the photo, first and last names of anyone in the photo and the location of where the photo was taken. Write "Favorite Picture" in the e-mail subject line.
Send information to:
pictures@herald-union.com

Month of the Military Child



Photo by Peter Witmer

A hopping good time!

Children enjoy jumping around in the bouncy castle at Wiesbaden's Heroes Day celebration.



Photo by Peter Witmer

Heroes Day face painting

Isabella Bedoya has her face painted during the Heroes Day celebration in Wiesbaden.



Courtesy photo



Courtesy photo



Courtesy photo

Family Child Care Parade

Family Child Care families celebrate the Month of the Military Child with a parade.

Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!

Baumholder "Home of Champions"

Youth Activities



Courtesy photo



Courtesy photo

Cookie baggers

Ginger King and Martha Sommer, Smith Elementary School teachers, and student teacher Michelle Holmes have their sixth-grade students do service projects. During March, students baked cookies that they bagged and sent to CASF, who then gives the bags to wounded Soldiers to take with them on trips to the states for medical care.



Courtesy photo

Bantam champs

Baumholder's basketball Junior Bantam Team 1 went undefeated 9-0 this season with a lot of hard work and sportsmanship during each and every game. Congratulations to the players on their outstanding season: DeAdrian Allen, Hakim Hayes, Adebeyo Adebeyo, Damion Levy, Daireana Levy, Jahid Hayes, Dj Dormeus, Andy Mykytiuk, Jai'zon Brooks and coach Jimmy Brooks.



Courtesy photo

Celebrating Dr. Seuss' birthday

Mike Colarusso, programming librarian for the U.S. Army Garrison Baumholder Library, leads children through "Cat in the Hat Tricks" after a game of the "Seuss-aphone" March 2. The community celebrated Dr. Seuss' birthday with a reader's oath, stories, crafts, games and prizes. Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2, the birthday of beloved children's author Dr. Seuss.





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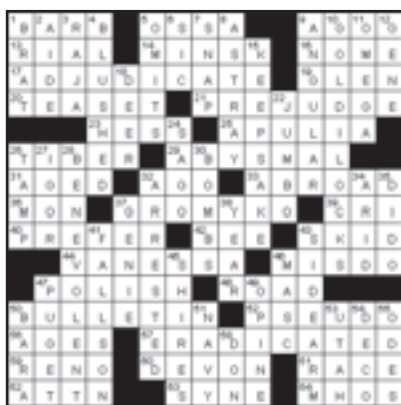
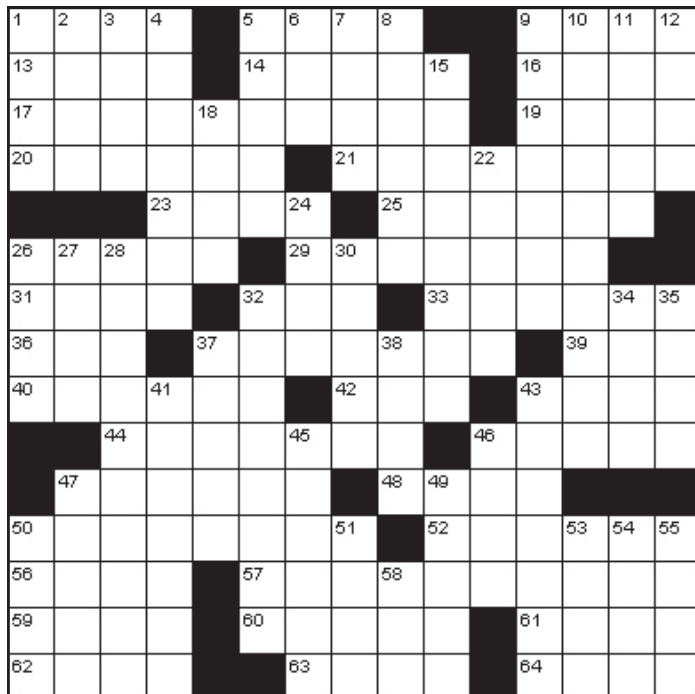
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Crossword Puzzle



This is the solution to the crossword puzzle from March 31!

DOWN

1. The Destroyer, in Hinduism
2. Blind as ____
3. Moolah
4. Runs out
5. Buzz off
6. Tenn. neighbor
7. Foray
8. Aid
9. Unbeliever
10. Camelot feature
11. Come up
12. Computer data unit
15. Vacation mailing
18. Sleep like ____
22. Babble
24. Rear part of a ship
26. "Intolerance" actress
27. Repetitious learning
28. Unseemly
30. Set free
32. "Sons and Lovers" author
34. Fossil fuel
35. Honshu seaport
37. Marseille menu
38. Nullify
41. Rigid
43. Helmsman
45. Nitwits
46. Old World fruit tree
47. Black
49. Vandyke, e.g.
50. Bee Gees surname
51. Connors contemporary
53. Back of the neck
54. "Ars Amatoria" poet
55. Texas city
58. "Fore" site

ACROSS

1. Pundit
5. Poet Teasdale
9. Abu Dhabi denizen
13. Alpine climber
14. Grip
16. Whig's rival
17. Chilean seaport
19. Eight in Aix
20. Leader of the Huns
21. Give out
23. Frolic
25. Walk purposefully
26. "Peer Gynt Suite" composer
29. Pariah
31. Charged particles
32. Actor Chaney
33. Offensive
36. Normal: Abbr.
37. Catch
39. Derisive cry
40. Bray
42. Neither Dem. nor Rep.
43. Big slice
44. Borne
46. Inscribed pillar
47. Put in order
48. Wind instrument
50. Fragrant flower
52. Up to this time, once
56. Native Nigerians
57. Spanish resort area
59. Sad
60. Outmoded anesthetic
61. De Mille film genre
62. Cream
63. Very beginning
64. Give a makeover



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Send your baby's first photo to the Herald Union and it could be published in the Baby Photos section. Perfect for scrapbooks, as keepsakes or to send to friends and family.

Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo.

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AUTOS

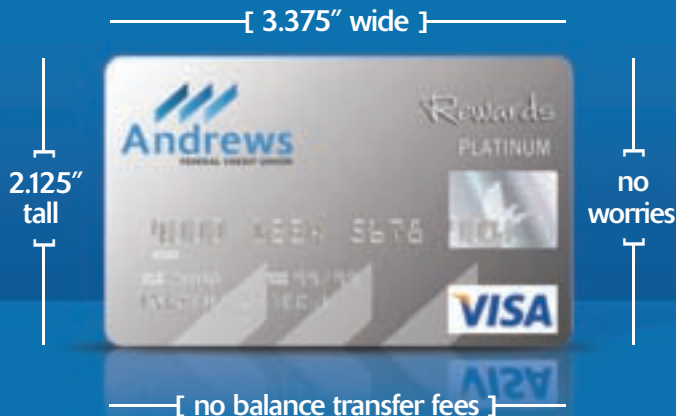
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